



**headspace**

National Youth Mental Health Foundation

## headspace is here to help

**headspace** is a free or low-cost youth mental health service for 12–25 year olds.

**headspace** provides information and support to young people and their family and friends in four key areas:

- mental health
- physical and sexual health
- work, school and study
- alcohol and other drugs.



Mental health issues affect 1 in 4 young people. It can be hard to know if a young person needs help with their mental health, but there are some warning signs that might suggest they are having problems, such as:

- avoiding activities that they would normally enjoy
- changing their appetite or sleeping patterns
- becoming easily irritated or angry
- seeming unusually stressed, worried or sad for no reason
- having difficulties with concentration or motivation
- having negative, distressing or unusual thoughts
- finding their performance at school, TAFE, university or work is not as good as it was or should be
- involving themselves in risky behaviour that they would usually avoid, such as taking drugs or drinking too much alcohol.

The right support can help get a young person back on track at school, work and in their personal and family relationships.

## For information and support:



Go to **headspace.org.au**.

## For online and telephone counselling:



Go to **eheadspace.org.au** or call **1800 650 890**.

## To talk to a headspace worker about a young person:



Contact your local **headspace** centre. There are **headspace** centres all over Australia. Go to **headspace.org.au** to locate your nearest centre.

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If you need to speak to someone in your language, call the Translating and Interpreting Service (TIS National) on **131 450** and say the language you need.

**headspace** respects a young person's right to privacy but if we think the safety of a young person or someone else is at risk we will share this information with appropriate support people. For more information please speak to a **headspace** worker.

## headspace is not an emergency service

If you or a young person need immediate support or medical assistance contact:

- Emergency Services: 000
- Lifeline: 13 11 14
- Kids Helpline: 1800 55 1800