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how can i find out more?

headspace.org.au provides info and resources to help you maintain your wellbeing. You can also find your closest headspace centre here – or get in touch with headspace to talk to someone.



is it an emergency?

If you are in an emergency situation or need immediate assistance, contact mental health services or emergency services on 000. If you need to speak to someone urgently, call Kids HelpLine **1800 55 1800** or Lifeline **13 11 14**.

headspace National Youth Mental Health Foundation is funded by the Australian Government Department of Health

let's talk headspace Coffs Harbour

Find out more about headspace
Coffs Harbour and how we can help



Giinagay from headspace Coffs Harbour

Weclome to headspace! Our centre is open Monday - Friday, 9 am - 5 pm although, we may be able to provide appointments outside these hours so speak with the team about what works best for you.

Our service provides a variety of free and confidential appointment options including face to face, telehealth or phone appointments. We also have an online and phone support 'eheadspace' which is found on our website.

We have a friendly and caring team that will work together to support you through your journey with headspace. Wether there is something really concerning you or you just want to come in for a chat! We are here to help and link you with services that can assist you.

headspace Coffs Harbour is a good place to talk about your wellbeing

headspace Coffs Harbour is somewhere for young people who need help with mental health, physical health (including sexual health), alcohol and other drugs or work and study support.



we can help with:

Mental health

We can help if you're:

- feeling down
- stressed or worried a lot of the time
- experiencing relationship problems or difficulties with your family or friends
- wanting to talk about sexuality or gender identity
- just not feeling yourself, or if you've noticed changes in your thoughts, feelings or behaviour.

Physical and sexual health

headspace centres often have youth-friendly doctors and nurses who can assist you with issues related to:

- any physical health issues
- contraception and sexual health
- drug or alcohol use.

Work, school and study

We can help if you're:

- struggling at school or work and feeling anxious or stressed
- unsure of what course you want to do
- needing a hand writing a resume
- searching for a job.

Alcohol and other drugs

Alcohol and other drugs can affect things that matter to you, like your mental health, wellbeing or friendships. If you're having a hard time cutting down, we can support you to get things back on track.

headspace Coffs Harbour

At headspace Coffs Harbour we provide a range of programs, services and support for young people aged 12 - 25 for things that might be affecting your health and wellbeing.

To find out about all the services, programs, group sessions and activities available – or to make an appointment – you can call, email or drop in.

You can also ask a friend or family member, health worker or other community service to make an appointment for you.



Find out more about our
headspace centre online
headspace.org.au/coffsharbour

headspace Coffs Harbour is a free service.

We accept referrals from individuals, family, friends, doctors, schools and other support agencies. So give the centre a call, send an email, check out our website for a referral form or drop in to see us.