

## Are you a family member or friend supporting a young person engaged with headspace Dandenong?



We are a family inclusive service that can provide support to family and friends during their young person's time at headspace Dandenong.

### Services available to family and friends include:

- Family peer support
- Information regarding helpful services
- Counselling support for the whole family
- Youth Mental Health First Aid Training
- Parent and career skills based programs

### Worried about a young person and need support?

- Call our 1800 number to chat to one of our friendly workers
- In an emergency, call 000 or attend your nearest emergency department

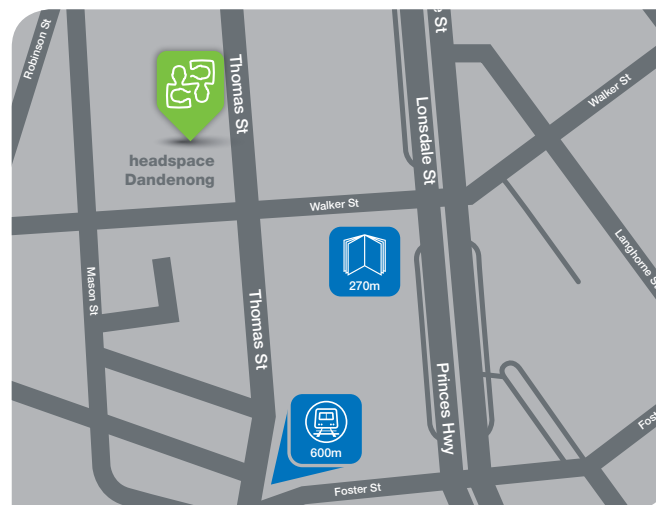
### Get involved with headspace Dandenong

#### Why not consider...

- Running a fundraiser
- Participating in our programs
- Becoming a headspace volunteer
- Requesting a headspace presentation
- Joining our Youth Advisory Committee
- Joining our Carer Advisory Committee

For more information on how to get involved, check out our website: [headspace.org.au/dandenong](http://headspace.org.au/dandenong) or give us a buzz on 1800 367 968

## Interested in coming to headspace Dandenong?



### Visit us at

211 Thomas St, Dandenong, 3175

Metred car parking is available on Thomas Street.

Wheelchair accessible.

### Opening Hours

**Mon** 9.30am – 4.30pm  
**Tues - Fri** 10.00am – 6.00pm  
**Sat** 9:30am – 2:30pm (every 2nd Sat)

### Contact headspace Dandenong

**Phone:** 1800 367 968

**Fax:** (03) 9793 4992

**Website:** [headspace.org.au/dandenong](http://headspace.org.au/dandenong)

**Facebook:** [fb.me/hsdandenong](https://www.facebook.com/hsdandenong)

### Not ready to speak to someone in person?

eheadspace provides FREE online and telephone support 7 days a week from 9am to 1am AEST. Visit [eheadspace.org.au](http://eheadspace.org.au) or phone 1800 650 890.



We are a Same Sex Attracted and Gender Diverse (SSAGD) inclusive service

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

headspace  
Dandenong



**FREE !! Confidential !!**  
**Youth Friendly Services**  
**1800 FOR YOU**  
[headspace.org.au/dandenong](http://headspace.org.au/dandenong)



headspace Dandenong recognise the traditional custodians of the land the Wurundjeri and the Boonwurrung people of the Kulin nation. We also pay our respect to all elders past and present.

## About headspace:

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 families and friends in four key areas:

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

### Farsi

headspace برای کمک اینجا است

headspace یک سرویس بهداشت روانی رایگان یا کم هزینه برای جوانان 12 تا 25 ساله است.

### Arabic

هيدسبايس موجودة للمساعدة

هيدسبايس (headspace) خدمة مجانية أو متدنية الكلفة للصحة العقلية للشباب بين 12 و 25 سنة من العمر.

### Vietnamese

headspace hiện diện để giúp bạn

headspace là dịch vụ y tế tâm lý miễn phí hoặc có lệ phí thấp dành cho thanh thiếu niên từ 12-25 tuổi

### Simplified Chinese

headspace 能够帮助你

headspace 是一家青少年精神健康服务机构，为年龄在 12 至 25 岁的青少年提供免费或低收费的服务。

## headspace Dandenong Connecting You

headspace Dandenong helps you access services that are sometimes provided by other agencies outside of headspace. Please talk with anyone from our team to find out about how this relates to your private information.

## How to access headspace Services

- Schools and services can make phone referrals
- Friends and family can make referrals on behalf of a young person
- We also accept self-referrals in person or over the phone

## Privacy and Confidentiality

In Australia, laws protect young people's rights to have information they share with doctors (and other health services) kept private.



## Do you need an interpreter?

Please let us know if you require an interpreter and if you would like us to arrange this service for you.

## Having trouble contacting us by phone?

If you are having difficulties contacting us by phone, you can 'REQUEST A CALL BACK' via our headspace Dandenong website homepage.



## headspace Health Space (Youth Clinic)



Accredited  
General Practice

## What can you expect from the headspace Youth Clinic:

The headspace Youth Clinic operates within the headspace Dandenong Centre and provides health care for young people aged 12-25 years by youth-friendly doctors and nurses.

### Services include:

- General health care for any issue
- Health checks
- Health test – e.g. blood tests and scans
- Immunisations (vaccinations)
- Sexual Health – e.g. pregnancy related, contraception, STI testing

### Appointments

We use an appointment based system. Appointments can be made over the phone or in person.

### headspace Youth Health Clinic opening hours

For opening hours call 1800 367 68

### After hours (Medical care when the Youth Clinic is closed)

- Call or visit your regular doctor
- Call the Home visiting Doctor Service (13SICK) on 13 74 25
- If it is a medical emergency, call 000 or attend your local hospital Emergency Department

### Costs:

Doctors consults are free (bulk billed) with a valid Medicare card. Nurse consults are free and do not require a Medicare card. Tests, procedures, x-rays or medications may incur a cost.