

headspace Geelong can help if you:

- ▶ Are feeling down, stressed or worried.
- ▶ Are having difficulty with something in your life.
- ▶ Need help with a health issue.
- ▶ Have concerns about alcohol and drugs.
- ▶ Want to talk about sexuality, identity or relationships.
- ▶ Want to discuss sexual health or find out about contraception.
- ▶ Are being bullied, hurt or harassed.
- ▶ Need advice about education or finding work.
- ▶ Are worried about a friend, family member or young person.



headspace Geelong Website



Visit www.headspace.org.au/geelong to find:

- ▶ Mental health and wellbeing information
- ▶ Where to get help
- ▶ What to expect when visiting headspace
- ▶ Local events and activities
- ▶ Helpful fact sheets and heaps more



www.facebook.com/headspaceGeelong

eheadspace.org.au

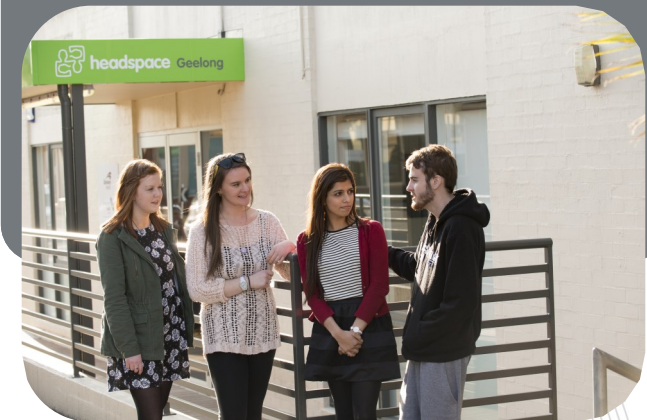
If you're not ready to come into the centre, headspace National offer free and confidential online and telephone based mental health support and counselling.

Log onto: eheadspace.org.au and register.



Are **you** aged between
12 & 25?

headspace Geelong has a variety of services tailored for young people
just like you!



headspace National Youth Mental Health Foundation Ltd is funded by the Australian Government Department of Health under the Youth Mental Health Initiative Program.



Making an appointment

► Phone

Geelong and Corio: 03 5222 6690

Drysdale: 03 5253 0400

► Access

If you drop into one of our centres, we will do our very best to see you or make the next available appointment. If you call to speak to a GP and they are busy we will take a message. In an emergency, you will always be able to speak to a health professional. Emails are checked daily and will be answered ASAP by phone or email.

► Privacy

We value your privacy. Your medical record is confidential and only available to authorised staff and for accreditation purposes. We will contact you with any follow up test results. If you would like to access your personal health information, please contact headspace Geelong on 03 5222 6690.

Our services include:

- General health
- Mental health
- Alcohol & other drugs (AOD)
- Sexual health
- Vocational, education & training

Our staff include:

- Psychologists
- AOD counsellors
- Youth workers
- Doctors (GPs)
- Youth health nurses
- Occupational therapists
- Social workers
- Community education

Free & confidential

- headspace Geelong is a free and confidential youth health service.
- We value your feedback, please contact us directly with your compliments and complaints on 03 5222 6690. Or you can contact the Health Services Commissioner on 1800 136 066.

Contact us

Geelong

Ph. 03 5222 6690

105 Yarra Street (Entry via Little Ryrie Street)

Geelong, Victoria 3220

Opening hours: 9am-5pm Monday to Friday

Corio

Ph. 03 5222 6690

Shop 4-6 Level 1, Corio Shopping Centre

83 Purnell Road, Corio, Victoria 3214

Opening hours: 9am-5pm Monday to Friday

Drysdale

Ph. 03 5253 0400

Peninsula Drive (next to the Potato Shed)

Drysdale, Victoria 3222

Opening hours: 9am-5pm Monday to Friday

After-hours

Contact Barwon Health on 1300 094 187 or in an emergency contact 000. For a GP go to www.docgeelong.com.