



Groups at headspace Greensborough

Youth Reference Group (YRG)

a group of young volunteers who provide valuable input into our centre to ensure it is accessible and youth friendly.

headspace Greensborough frequently host group activities for young people.

Scan the QR code (or visit bit.ly/3hmRJaH) to be added to our mailing list to be notified of upcoming groups, events and webinars.



You can also follow our social media pages below.

 headspace Greensborough

 @headspacegreensborough



Level 1, 78 Main Street
Greensborough VIC 3088
Mon & Thurs 10am—6pm
Tues, Wed & Fri 9am – 6pm
P 03 9433 7200
F 03 9435 8621
E headspacegreensborough@mindaustralia.org.au
headspace.org.au/Greensborough



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 emergency services on 000. If you need to speak to someone urgently, contact Kids Helpline on 1800 55 1800 or Lifeline on 13 11 14.

let's talk headspace Greensborough

Find out more about headspace Greensborough and how we can help



headspace Greensborough is a good place to talk about your wellbeing

headspace Greensborough 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 and friends
- wanting to talk about sexuality or gender identity
- just not feeling yourself, or if you've noticed changes in your thoughts, feelings for 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 Greensborough

At headspace we provide a range of programs, services and supports for young people aged 12 to 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 at headspace.org.au/greensborough

You can also speak to a headspace clinician online (9am to 1am, every day) by visiting headspace.org.au/eheadspace

For Parents and Carers

headspace Greensborough is a family and friends inclusive service. headspace Greensborough believes that family and friends play an important role in a young person's journey to better wellbeing.

We know that involving family and friends in a young person's care can lead to better health outcomes for young people. Wherever possible, we advocate for and provide meaningful opportunities for family and friends to directly participate in our services.