



headspace can help if you:



- Are feeling down, stressed or can't stop worrying
- Don't feel like yourself anymore
- Can't deal with school / uni / work or are finding it difficult to concentrate
- Are feeling sick or worried about your health
- Want to cut down on your drinking or other drug use
- Want to talk about sexuality, identity or relationships
- Are having difficulties with friends or parents / carers
- Have sexual health issues or want information about contraception
- Are being bullied, hurt or harassed
- Are worried about work or study or if you're having money trouble or

headspace can link you into education, training and employment programs or help if you need housing or other social services

Contact headspace headspace Midland

Tel 9274 8860 Fax 9274 8859
reception@headspacemidland.com.au
www.headspace.org.au/midland

headspace Midland
64 Morrison Road, Midland WA 6056

Other headspace contact details

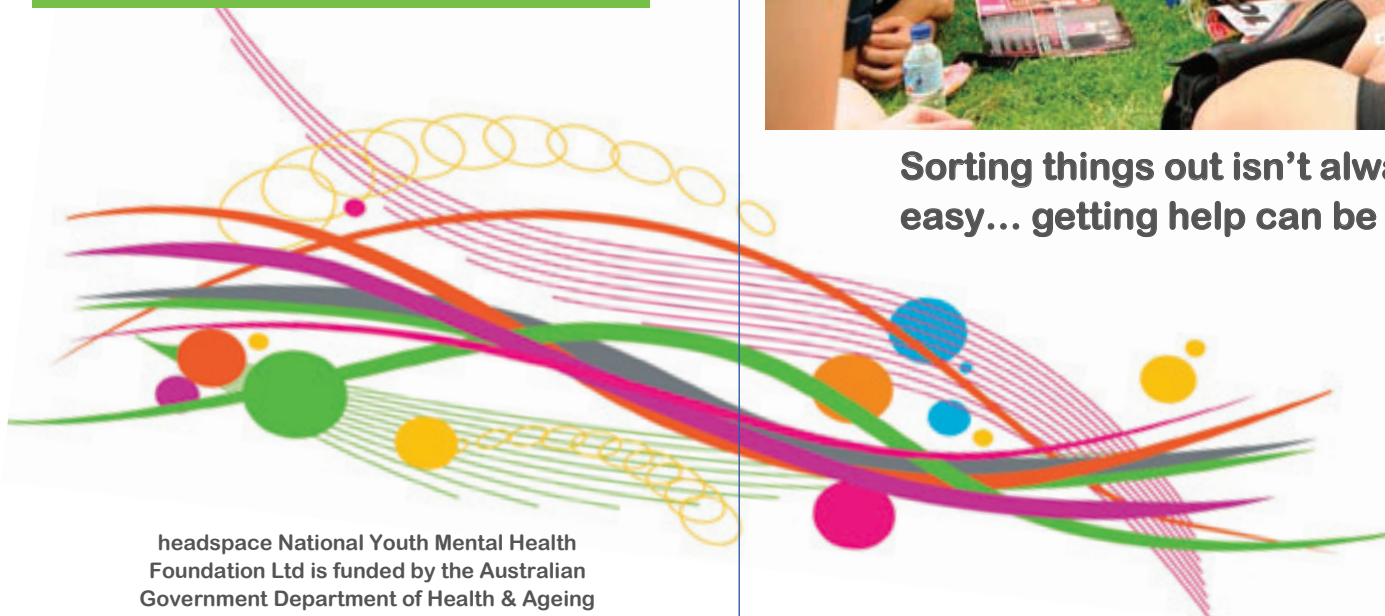
For more information on headspace centres and online telephone mental health support visit headspace.org.au

headspace is not a crisis service

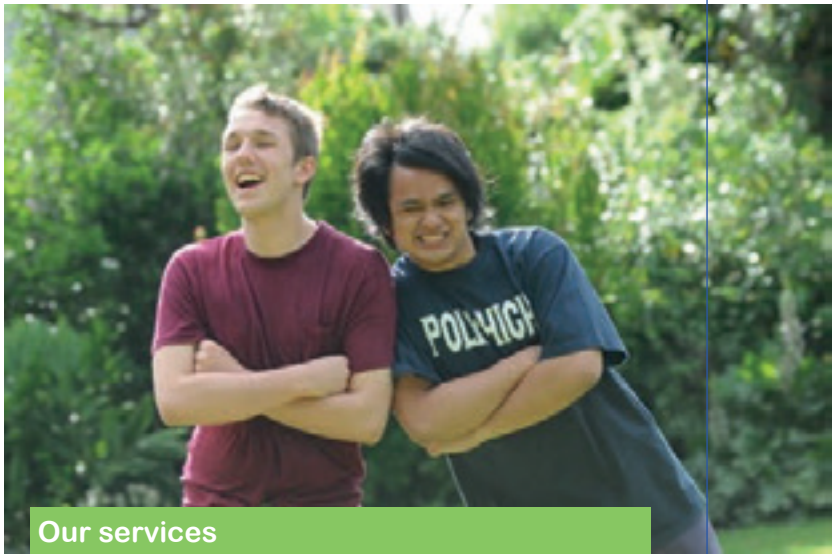
If you require immediate support, help or medical assistance contact
Emergency Services on 000,
Lifeline on 13 11 14
or Kids Helpline on 1800 55 1800



Sorting things out isn't always easy... getting help can be



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



headspace can help

headspace provides information, support and services to young people, aged 12 to 25 years and their families

Our team consists of friendly and experienced:

- Social workers
- GP's
- Psychologists
- Psychiatrist
- Mental health workers
- Drug & alcohol workers
- Vocational officers &
- Counsellors

Our services

headspace Midland have a variety of FREE services that are all available at our friendly centre and are easily accessible for young people aged between 12 and 25. No referral required.

We can help with:

- Mental health
- General physical health
- Sexual health
- Sexuality
- Family and relationships
- Employment and education
- Drug and alcohol use

Confidentiality

When you talk to a headspace worker what you say is kept confidential. Nothing you say to a headspace worker can be passed on to anyone else without your permission, however there are a few exceptions.

- If headspace is seriously worried about your safety or the safety of someone else they must, by law, try to keep everyone safe. This means they might have to share their concerns with someone else.
- Talk to your headspace worker about confidentiality to ensure you understand how it works

