

Are you a family member or friend supporting a young person engaged with headspace Narre Warren?



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

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 Narre Warren

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/narrewarren or give us a buzz on 1800 367 968

Interested in coming to headspace Narre Warren?



Visit us at:

66 Victor Crescent, Narre Warren, 3805

Free car parking is available on Victor Crescent.

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 Narre Warren

Phone: 1800 367 968

Fax: (03) 8738 9888

Website: headspace.org.au/narrewarren

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

Not ready to speak to someone in person?

e**headspace** provides FREE online and telephone support 7 days a week from 9am to 1am AEST. Visit 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
Narre Warren



FREE || Confidential || Youth Friendly Services
1800 FOR YOU
headspace.org.au/narrewarren



headspace Narre Warren 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 و25 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

Hindi

हेडस्पेस (headspace) आपकी मदद के लिए यहाँ है

हेडस्पेस 12 - 25 वर्ष के युवाओं के लिए एक निःशुल्क व सस्ती मानसिक स्वास्थ्य सेवा है।

headspace Narre Warren Connecting You

headspace Narre Warren 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 Narre Warren 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 Narre Warren 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.