

**Life isn't always
glitter and rainbows.
At **headspace**, we've
got your back.**



Many things can affect someone's mental health. Sexuality or gender diversity does not cause mental health problems, but discrimination or being treated differently because of your identity or sexuality can affect your sense of wellbeing.

Getting help when problems develop can reduce the effects of mental health problems and prevent more serious issues developing in the future.

**headspace provides support across
four key areas:**

- mental health
- physical and sexual health
- work, school and study
- if you're having trouble with alcohol and other drugs.

headspace can help if you're:

- feeling down
- stressed or worried a lot of the time
- experiencing relationship problems or difficulties with your family or friends
- wanting to talk about sexuality or gender identity
- just not feeling yourself, or if you've noticed changes in your thoughts, feelings or behaviour.



headspace is committed to embracing diversity and eliminating all forms of discrimination in the provision of health services. **headspace** welcomes all people irrespective of ethnicity, lifestyle choice, faith, sexual orientation and gender identity.