

# make the most of a GP Visit

**how to talk to your doctor  
about receiving the health  
support that's right for you  
(including a Mental Health Care Plan)**

- Small group
- Interactive workshops
- Practical skills
- Expert and peer facilitators
- Meet headspace  
Craigieburn GP, Dr Jessie

Wednesday 21st September  
2pm-4pm

at headspace Craigieburn  
open to young people aged 16-25

**Register here to  
reserve a space!  
(required)**



or call (03) 8338 0919



Families,  
Fairness  
and Housing



headspace  
Craigieburn