



To help you understand how things work at headspace here is a run- down of what usually happens

See a Youth Care Coordinator

Your first visit to headspace will be a session with one of our Youth Care team. They will talk to you about what has been going on for you lately and together you will work out how headspace can best help you. Your Youth Care Coordinator will link you up with the services and programs that they think will best work for you and also be there to support you through your headspace journey. They may also do some ongoing counselling session with you. Initial appointments are usually about 60 minutes long and it is fine if you want someone to attend the appointment with you.

General Practitioner

General Practitioners (GP) are medical doctors who can help with a wide range of health problems, including physical and mental health. They can order blood tests or scans, provide some health advice or a prescriptions for medications if you need it. They can also refer you to other health professionals such as psychiatrists, psychologists and other services. If you do not have your own GP, we have one here at headspace, just call and make an appointment

Psychologists

You and your Youth Care Coordinator or GP might decide that you would benefit from sessions with a psychologist. headspace Bathurst has private psychologists (Registered and Clinical) who work from our centre. Appointments with them are free, because we bulk bill their services. Each person has access up to 10 individual sessions in a calendar year. To see a Registered or Clinical psychologist a *mental health care plan and referral* is required from your GP.

Drugs and Alcohol

Our Youth Care Coordinators and psychologists can help you manage any issues with drugs and alcohol, and can also help you to access specialist services if you need them.

Financial Advice

We have a Certified Practising Accountant who can help you with budget planning and management, Centrelink issues and a range of other financial needs.

Legal Advice

We have a monthly legal clinic where a solicitor can assist you with a range of legal matters including outstanding debts, housing issues, unfair contracts, Centrelink payments or being treated unfairly at work. If you need help with family law we can work with a specialist service for that too.

Tele-psychiatry

We have a monthly tele-psychiatry clinic where a specialist psychiatrist meets with the young person via videolink. Psychiatrists help with mental health diagnosis and prescribing medications to treat them. To access this service you need a referral from your GP and from your headspace Youth Care Coordinator or Psychologist

GROUP PROGRAMS AT HEADSPACE BATHURST

startUP SESSIONS

We encourage everyone on our waiting for an appointment to attend these weekly informal sessions which will help you give your mental health a boost straight away. They are evidence based and well researched, so we know that they will work! We focus on a different topic every week, and because it is an information session, there is no need for individuals to speak in front of the group or share their stories. Everyone will receive a booklet to take home with them so that they can practise what they have learnt at home. No appointments are needed for these sessions just show up and bring a friend if you like.

Topics are: sleeping well, communicating with confidence, understanding anger, physical activity for wellbeing, understanding moods and anxiety, problem solving, mindfulness and relaxation.

When : Every Thursday during school terms from 3.45pm until 5.00pm. No need to book – just show up

hyLITE CENTRE

Are you struggling to hand in assignments on time? Don't have access to computers, internet or printer at home? Need a quiet place to complete homework and assignments? Do you get overwhelmed by those due dates? Do you want some help looking for a job or writing a resume?

The hYLITE Centre is a friendly and welcoming space where students from CSU can help you out with your educational and vocational goals.

Open: Monday 10.00 am – 5.00pm

Tues – Thursday 3.00pm – 5.00pm

hYLITE is closed on public and school holidays

LGBTIQA+ SOCIAL GROUP

This group is a safe place for young people of any sexuality or gender to meet up and make new friends. The group meets once a fortnight and is attended by headspace Bathurst team member. To get involved contact **Karen on 6338 1100** or by email at Karen.golland@marathonhealth.com.au

CLINICAL and SOCIAL GROUPS

From time to time headspace Bathurst will run group programs for people dealing with specific issues, like anxiety, disengagement from school or stress management. We will also run social groups and educational groups for parents. Keep an eye on

our website <https://headspace.org.au/headspace-centres/bathurst/>

And facebook page (<https://www.facebook.com/headspacebathurst>)

or call us to find out more 6338 1100



Youth Reference Group

Each year headspace Bathurst recruits young people to work alongside our team to ensure the service remains youth focussed. Members of the Youth Reference Group contribute to planning, decision making and the direction of headspace Bathurst.

Young Reference Group members meet regularly to discuss and exchange ideas on how to improve the experience of young people who walk through the door. They also participate in a number of community awareness raising activities and events.

Being a youth reference member provides you with opportunities to use your skills and gain confidence. It gives you skills to work in a team and provides opportunities to network with young people of similar interests.

If you would like to find out more information please contact

Karen Golland on 6338 1100 or email
karen.golland@marathonhealth.com.au

Family and Friends Reference Group

headspace Bathurst is committed to creating services that are welcoming and engaging for family and friends. Through our Family and Friends Reference Group we provide opportunities for family and friends to participate meaningfully in service development and improvement to ensure that our services are engaging and appropriate to the needs of young people and their families.

If you are a family or friend of a young person who is struggling with their mental illness or well- being then you might be interested in joining our reference group.

Meetings will be held 4 times per year

For more information, please ask headspace Bathurst reception staff, or call Nicki Halliwell on 6338 1100

Emergency Contact Numbers

If you have immediate, life threatening concerns about yourself or anyone else and you require emergency assistance call 000 or attend the emergency department of your local hospital.

If you are concerned about your own or someone else's safety and require urgent assistance: Mental Health Information and Support Team: 1800 011 511, 24 hours a day, 7 days a week.

If you are in crisis but there are no urgent or immediate safety concerns you can call either

Kids' Helpline (24hrs): www.kidshelp.com.au 1800 55 1800
National phone or online counselling service for 5-25 year olds.

Lifeline (24hrs): www.lifeline.org.au 13 11 14
National phone or online counselling service for all ages.

If you would like some extra support between your appointments you might like to go to

www.eheadspace.org.au: provides free and confidential online and phone counselling to young people 12-25 years old and their parents or carers.

If you would like to explore other options of suitably qualified private psychologists visit www.findapsychologist.org.au or call 1800 333 497 or speak to your GP.

If you have any questions or problems please feel free to give us a call on 02 6338 1100. You can also email hs.bathurst@marathonhealth.com.au and we will get back to you as soon as possible.