

# yourspace

## information and support in Canberra

### headspace can help...

We aim to make it as easy as possible for young people and their families to get the help they need for the problems affecting their wellbeing. We welcome you to come in, see the centre, meet the team, and find out some of the ways we can help.

### when

1st Thursday of each month  
4.30pm-5.30pm

### where

headspace Canberra, 1/1-3 Torrens St  
BRADDON ACT 2612

### contact

(02) 5109 9700 or [hs.canberra@marathonhealth.com.au](mailto:hs.canberra@marathonhealth.com.au)

### what to expect...

The presentation will cover:

- What is headspace?
- Info on mental health and a young person's story
- Supports available at headspace and other external support options in Canberra
- Opportunity for questions