



yourspace

Information and engagement @ headspace Canberra

Going through a tough time?

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

Thursday 7 Mar 2019 at
4.30pm-5.30pm

Where

headspace Canberra
Cooyong Centre 1 Torrens St
BRADDON ACT 2617

Contact

(02) 510 99 700

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, and how to access the help you want
- Opportunity for questions

Next steps:

You might choose to:

- Give us your details (name, phone etc.)
- Fill in a questionnaire about your mental health
- Give us a copy of your Mental Health Treatment plan for your GP (if you have one)
- Book an appointment for further support