

what's an ehHAT?

An introduction to our electronic headspace
Holistic Assessment Tool (ehHAT).



What's an ehHAT?

The ehHAT is an online survey that is texted to you before your first appointment. It's designed to explore what life is like for you right now (e.g. living situation, social life, physical and mental health), and what you'd like to talk about during your session with us.



How long does it take to complete?

The ehHAT will take about 30 minutes to complete, and you can do it wherever you feel most comfortable. The ehHAT link will be sent to you 24 hours before your first appointment with us.



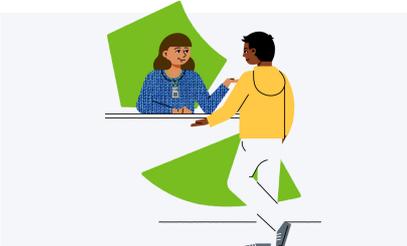
Do I have to do the ehHAT?

No, it is completely up to you if you'd like to receive the ehHAT. We'll always ask first if you consent to receive the ehHAT, or if you'd like to do the assessment in-person with a Youth Access Clinician instead.



Will my answers be confidential?

Yes, all of your answers will be kept private and confidential. There are some situations where our staff may need to share your information in order to keep you or others around you safe. If this needs to happen, we will always talk to you about this. You can ask us about this at any time.



What if I don't have internet or a device?

You can do the ehHAT at our centre with one of our devices or our free Wi-Fi, or you can do the assessment in-person with a Youth Access Clinician instead. Just let us know and we'll book an appointment for you. Call us on 9301 8900 or email info@headspacejoondalup.com.au



What if I have accessibility needs?

If you have accessibility needs and an online survey would be difficult for you, please let us know and we can make adjustments so that your assessment can be completed another way that suits you. Call us on 9301 8900 or email info@headspacejoondalup.com.au