



headspace Maitland's got your back

If you are 12- 25 years old, headspace Maitland is a safe space to talk when you've got a lot going on. You, a friend or a family member can contact our friendly staff if you are:

- Feeling down, stressed or can't stop worrying
- Finding it difficult to concentrate at school, university or TAFE
- Wanting to cut down your drinking or drug use
- Seeking information about sexuality, gender diversity or relationships
- Being bullied, hurt or harassed
- Having sexual health issues or want information about contraception
- Needing a safe space to talk to someone

What can I talk to headspace staff about?

- Mental health concerns
- General physical health – headspace Maitland has a doctor on site one day a week
- Sexual health
- Family and relationships
- Drug and alcohol issues
- Education and vocational support

Contact Details

If you are 12-25 years old and need support you can contact headspace Maitland or ask a friend or family member to do so on your behalf. The best way to get in touch is by phone or email:

ph: 02 4931 1000

e: headspacemaitland@samaritans.org.au

w: www.headspace.org.au/headspace-centres/maitland

f www.facebook.com/Maitlandheadspacensw

a: 73 Elgin Street,
Maitland NSW 2320
(see inside for map)



headspace National Youth Mental Health Foundation is funded by the Australian Government Department of Health.

headspace Maitland is auspiced by the Samaritans Foundation
www.samaritans.org.au

headspace Maitland
www.headspace.org.au/maitland



What should I expect at headspace Maitland?

- Your appointments will be free or low cost
- Your information will be kept confidential and not shared without your consent (there are some exceptions which will be explained to you)
- You will be treated with respect regardless of your beliefs, sexuality, gender or cultural background
- You will be linked in with friendly, non-judgemental staff who are passionate about youth mental health and understand issues facing young people
- You will be made aware of other services and their referral pathways if needed and supported where possible

What services are located at headspace Maitland?

- General Practitioner (GP)
- Private Allied Health Professionals offering counselling under a Mental Health Care Plan
- Drug and Alcohol Counselling
- Adolescent and Family Counsellor
- Aftercare groups (personal helpers and mentors)
- Accommodation services
- Educational and vocational support



What if I'm finding it difficult getting to a centre?

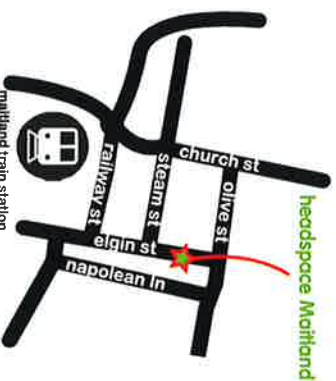
ehedspace is a great option if you are finding it difficult attending your appointments due to physical or emotional barriers.

ehedspace is a confidential, free and secure space where young people 12 - 25 or their family can chat, email or speak on the phone with a qualified youth mental health professional between 9am and 1am.

For details check out:
website: <https://www.ehedspace.org.au>
phone: 1800 650 890

How do you get there?

headspace Maitland is located at 73 Elgin Street, Maitland.



headspace Maitland operates on the lands of the Wonnarua People. We acknowledge the Wonnarua people as the traditional custodians of the Maitland region and pay our respects to Wonnarua Elders past, present and future.



Young people and headspace!

The Youth Reference Group is made up of a number of passionate young people, volunteering their time to raise awareness of mental health and wellbeing issues. If you are between 12-25 years old and would like to get involved email headspace@maitland.com.au

headspace Maitland aims to provide safe, social spaces for young people by running social groups, events and forums. Jump on our Facebook and website for up-to-date details on how to get involved.

headspace Maitland operates during business hours (9am - 5pm) with some after hours appointments available. Phone referrals are taken between 9:30am to 4:30pm. If you find yourself or someone you know in need of support outside of these hours please contact:

Emergency numbers

In case of emergency: 000
Kids Help Line: 1800 55 1800
Lifeline: 13 1114
Mental Health Line: 1800 011 511
Alcohol & Other Drug Information Service: 1800 422 599