



Expressions of Interest for headspace Day!



This year we will be holding the first inaugural headspace Day! To celebrate headspace Maitland will be hosting a community event with a BBQ and youth friendly activities on Friday October 7 from 11:30am-4:30pm at Maitland Public School 70 Elgin Street Maitland.

headspace is designed to make it as easy as possible for young people to get the help they need for problems affecting their mental wellbeing. Be it face-to-face at one of our 95 centres, over the phone, or online with one of our eheadspace clinicians, young people can be assured that help is at hand.

The theme for headspace day is 'Access All Areas'. headspace Maitland is a strong advocate for young people accessing free, confidential, early intervention mental health services.

In order to do this we would love to have your service attend and show young people what help is out there. Would you like to run a workshop? Play some tunes? Promote your service? Or all of the above! Get in touch with the Community Engagement Officer Laura to book your spot - laura.hanlon@samaritans.org.au or 49311000