

# headspace Midland



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## headspace Midland offers health advice, support and information for young people aged 12 to 25

### How headspace can help

headspace Midland provides free early intervention support to young people who need help with:

- Mental health
- Physical health
- Alcohol and other drug use
- Work and study
- Sexuality
- Family and relationships

If you, a friend or family member are going through a tough time headspace is here to support you.



### headspace is not a crisis service

If you need to speak to someone urgently,  
please call Lifeline on 13 11 14 or  
Kids Helpline (ages 5 - 25) on 1800 55 1800

You can also get help via our online support  
service at [eheadspace.headspace.org.au](http://eheadspace.headspace.org.au)



# headspace is committed to providing the best possible service to young people

## Accessing headspace is easier than ever

To start the headspace journey a young person can either call, email or walk in to the centre. Alternatively someone else can refer a young person; this might be a parent, guardian, friend, teacher, school psychologist, chaplain or other service. If you're a professional wishing to refer someone, please check our website for referral guidelines.

## Who's on our team

- Youth Reference Group
- Community Engagement workers
- Diversity and Inclusion Workers
- Social workers
- Counsellors
- Psychologists
- Clinical Psychologists
- Family Counsellor
- Drug and Alcohol workers
- Vocational workers
- Medical Staff

## When we are open

**Monday to Friday:** 9:00am – 5:00pm

**Saturday and Sunday:** Closed

## Extended hours by appointment only

Wednesdays and Thursdays 5pm to 7pm

## Making an appointment

Call, email or simply walk in to headspace Midland.

## Cost

FREE

## Confidentiality and consent

headspace Midland is a voluntary service which means our health professionals can only work with young people who give consent. When you speak to a headspace worker what you say is kept confidential which means nothing you say can be passed on to anyone else without your permission. However, if headspace is seriously worried about your safety or the safety of others they must, by law, try to keep everyone safe. This means they might have to share their concerns with someone else.

Talk to your headspace worker about confidentiality and consent to ensure you understand how it works.

## Stay Connected

headspace Midland have a variety of workshops on offer for young people who are linked in with us or are waiting for support at our centre.

To stay up to date with what workshops are on and what's happening at the centre, follow the team on Instagram and Facebook. There are also heaps of resources on our website to browse, including fact sheets and videos.



@headspace\_Midland



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[headspace.org.au/headspace-centres/midland/](https://headspace.org.au/headspace-centres/midland/)

## having more of a sense of belonging is great for your mental health