

peer support at headspace sunshine

you're in for a ride!

- Do you want to chat to a peer?
- Would you like to have a safe space where you could share with someone about relatable experiences?
- Would you like to build your toolkit, have an honest conversation about mental health and learn what it takes to achieve positive mental health outcomes?
- Are you unsure about accessing support at headspace and would like assistance with navigating this space?
- Would you like to establish a trusting, professional, purposeful and supportive care during your journey at headspace Sunshine?

then have a chat with one of our friendly youth peer support workers!

what's the re-engagement project?

We know 2020 was a pretty tough year for most and finding the right support during that period wasn't easy. That's why we're getting in touch with young people who have been in contact with us in the past to check in and see if we have support options that are right for them now.

We can help you get linked in with:

- Counselors and psychologists
- MOST online therapy
- Youth Peer Support
- IPS work and study Support
- Group programs at headspace Sunshine
- Alcohol and other drug services



For more information or to connect to one of our peer workers, contact us on
9927 6222 or headspaceSunshineCommunity@orygen.org.au