

## Early Career Program – Graduate Clinicians at headspace Digital Mental Health Programs (DMHP)

### Who we are?

The DMHP is a division of headspace National Youth Mental Health Foundation. Our mission is to “*work in partnership with all young people and their families<sup>1</sup> in a strengths-based, needs-led and culturally and emotionally safe way, to promote timely and easy access to evidence-based online mental health care*”.

### What we offer?

We offer a wide range of digital mental health resources and support services that are free and accessible to young people (12 to 25 years) and families, anywhere in Australia. All our programs are committed to a ‘no wrong door’ policy so that any young person or family in Australia can contact us for support. We provide an individualised, needs-led approach to every person we support, irrespective of their background, presenting issue, severity of condition, or complexity of circumstances.

### What services are part of the DMHP?

#### *eheadspace*

[eheadspace](#) is the largest and longest standing of our programs. eheadspace provides free, confidential, and anonymous (if sought by clients) counselling services, online (webchat and email) and by telephone, to support young people aged 12 to 25 years experiencing mental health issues, and their families. eheadspace operates 365 days per year between 9.00-1.00AM (AEST) and supports around 30,000 young people every year.

#### *Online Communities*

Our [Online Communities](#) (OC) offer young people and families a way to connect and hear from others who might have shared experiences or might be going through similar situations. OC deliver a wide range of theme-based webchats throughout the year, moderated by trained peer workers and our clinicians. OC provide a low-barrier, anonymous and safe way to help young people and adults supporting young people across Australia. OC also oversee ‘[personal spaces](#)’ on the headspace website, a virtual space for individuals to store and manage resources and ‘tools’ to support their emotional health and wellbeing.



### *Regional Phone Counselling Service*

The [Regional Phone Counselling Service](#) (RPCS) is part of the Enhancing Mental Health Support in Schools (EMHSS) initiative by the Victorian Department of Education and Training. The service is set up specifically for young people living in regional and rural areas more than 80km from a headspace centre, and provides individual counselling with a dedicated clinician via telephone or webchat.

### *headspaceConnect*

headspaceConnect forms part of the headspace 'Waitlist Reduction Program' aiming to reduce delays that young people may experience in accessing their local headspace centre. headspaceConnect is an innovative teleweb service dedicated to providing support and treatment to young people, aged between 16 and 25 years, who seek support at one of the program's participating headspace centres chosen based on their high service demand or regional location. headspaceConnect links young people with a dedicated clinician for one-to-one support via telephone, web, or videochat.

### *headspace Queen's College Service*

The headspace Queen's College Service (hQCS) provides free onsite and digital psychological support to Graduates at Melbourne University's Queen's College Campus who are experiencing personal difficulties and/or mental health issues. Primarily, hQCS uses a single session/brief intervention approach with the capacity to provide some medium-term sessions to assist Graduates. The hQCS also supports community awareness activities at the college to increase the Graduates' mental health literacy and help-seeking behaviour.

### *headspace Telepsychiatry*

[headspace Telepsychiatry](#) works in partnership with primary health networks (PHNs) and lead agencies to support young people living in rural and remote Australia, to access psychiatry services as part of their mental health care. The service also builds the mental health capacity of the local workforce by providing tailored psychiatrist supervision, case management advice and webinars on specific psychiatric topics.

## **What can a graduate rotation in the DMHP look like?**

Graduates can work intensively with a single program to develop capabilities in a particular area of practice, or they can work across programs to learn about several practice modalities (e.g., single-session 1:1 chats, online therapies, or group chats). All programs provide a range of opportunities to develop and refine clinical skills in relation to client engagement/rapport building; mental health/state assessment; application of various clinical frameworks/therapies; family inclusive practice; supportive counselling; risk assessment/management; and so on.

We look forward to you joining us.

The headspace DMHP team.

<sup>1</sup>The term 'family' may include parents, caregivers, siblings, partners, Elders, mentors and others who are viewed by the young person as people who play a significant emotional, cultural or other role in their life. At headspace we acknowledge and respect the diversity of families across Australia. headspace is committed to the reflective practice of cultural humility and the need to meet families where they are at.