

What can I expect?

- Understanding, friendly staff
- A warm welcoming environment
- You will be listened to and we will take your concerns and issues seriously
- Your privacy will be respected by all staff
- You will be informed of your rights and responsibilities, given the opportunity to discuss any concerns or complaints and have them addressed quickly and fairly
- You can choose to bring a support person to your appointments

Crisis Information

headspace is not a crisis service. If it's an emergency, please go to the closest Emergency Department or call the Mental Health Emergency Response Line (MHERL) on 1300 555 788.

Alternatively, please call:

- Lifeline on 13 11 14
- Kids Helpline on 1800 55 1800

Safe Space

headspace services are for anyone aged 12 to 25 regardless of gender, sexuality, race or beliefs.

Contact Us

headspace Armadale
40 Fourth Road, Armadale WA 6112
PO Box 350 Armadale WA 6992

Phone (08) 9393 0300

Fax (08) 9393 0399

reception@headspacearmadale.com.au

headspace.org.au/Armadale

facebook.com/headspaceArmadale

headspace Armadale is proudly delivered by lead agency Arche Health Ltd



If you're aged 12 to 25 and are going through a tough time, **headspace** is here to help





Our Services

headspace Armadale is a youth friendly information and support service. We have a variety of FREE youth friendly services available to all young people aged 12 to 25. **headspace Armadale** can assist with:

- Mental Health
- Physical Health
- Alcohol and other drug services
- Vocational, educational and employment services

We can help if you:

- Feel down, stressed, or can't stop worrying
- Don't feel like yourself anymore
- Are having difficulties with friends or family
- Are being bullied, hurt or harassed
- Need to see a Doctor or Sexual Health Nurse
- Want to talk about gender or sexual identity
- Want to cut down on your drinking or drug use
- Are worried about work, study or are having money trouble
- Can't cope with school or find it difficult to concentrate
- Need someone to talk to - no issue is too small

Our Team

At **headspace Armadale** we have a friendly and experienced team that consists of:

- Psychologists
- Aboriginal and culturally diverse Youth Workers
- Youth Workers
- Drug and alcohol Counsellors
- Sexual Health Nurse Practitioner
- Doctors
- Specialist Mental Health Professionals

Making an appointment

It's as simple as calling or emailing us to find a time that suits you. A friend, teacher, parent, family member, health worker or community agency can contact **headspace Armadale** for you.

Your first appointment

Appointments at headspace Armadale are usually 50 minutes to one hour long. It's okay to feel nervous about getting help for the first time. It can be helpful to bring along a family member, carer or a friend to support you.

Confidentiality

When you talk to a headspace worker, nothing you say can be passed on to anyone else without your consent. This includes your parents. However, there are a few exceptions. Talk to your headspace worker about privacy to ensure you understand how it works.

Cost

Services at headspace Armadale are free. Some services require you to have a referral from a doctor. But don't worry, we can help you with this as well.

