



# welcome pack headspace Mt Druitt

## Find us

55 North Parade, Mt Druitt  
NSW, 2770

## Call us

1800 683 784

## Opening Hours

Monday: 9.00AM - 5.00PM

Tuesday: 9.00AM - 5.00PM

Wednesday: 9.00AM - 5.00PM

Thursday: 9.00AM - 5.00PM

Friday: 9.00AM - 5.00PM

Saturday - Sunday: CLOSED

**After hours appointments available  
upon request**



# what's on at Mt Drutt

at our centre you can get  
involved with a number of  
groups and programs

## **youth advisory committee**

a group of 12-25 year old young people with lived experience of mental ill health who provide feedback on our service, improve headspace for other young people, discuss barriers to access for the service and participate in community events.

## **family and friends committee**

a group of family and friends who provide input on headspace services and advocate for family, friends and carers and those who are a part of headspace.

## **spectrum**

spectrum is a group program for young people involved with headspace that are part of the LGBTQIA+ community. Ask our headspace staff for current times.



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Mount Drutt



# additional services

**at headspace Mt DrUITt we offer a number of additional services to support the mental health, physical health and wellbeing of young people**

## **headspace Early Psychosis**

a specialised service for young people who are experiencing a first episode of psychosis or at ultra-high risk of experiencing psychosis.

## **exercise physiology**

talk to your clinician about booking in with our exercise physiologist who can give you support in using exercise to boost your mental and physical health.

## **condom credit card program**

headspace Mt DrUITt participates in the condom credit card program in conjunction with Family Planning NSW. Chat to us about how to get your condom credit card to access free condoms and chats about safe sex and sexual health.



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# our consortium partners

**at headspace Mt DrUITt we have consortium partners which are here to provide extra support with certain topics. These external services that team up with headspace to make extra services available to you.**

## **headfyrst**

Salvation Army headfyrst can provide you with support around any questions you or a friend may have around drugs and alcohol.

## **Ability Options**

are you looking for a job or want to start studying? Ability Options can help support you in finding a job and achieving your career goals. They will work with you to find the best solution.

## **Interrelate**

Interrelate can provide emotional support to a parent or carer through counselling sessions. This can be regarding the family members mental health or to work on the relationships within the family.



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# who else do we work with?

**at headspace Mt Druitt we work with a number of other services to provide the best care for young people in our area**



## **Youth Enhanced Support Services (YESS)**

YESS-South Western Sydney is a free mental health service for 12- 15 year olds living, working or studying in South Western Sydney who have, or are at risk of developing, a serious mental illness. It is an early intervention program providing wrap-around supports.

## **LikeMind**

LikeMind is a free service for adults (18+) experiencing any mental health concerns, as well as their families and carers. You can access a range of community and health services in one location to address your mental health needs and any other concerns you may have.

## **additional services**

### **Western Area Adolescent Team (WAAT)**

WAAT provides a range of specialised services to effectively meet the health needs of young people. WAAT works closely with young people experiencing homelessness and/or other forms of disadvantage. They provide counselling services for 12-20 year olds, and case management for 12-24 year olds.

## **help lines**

### **Central Intake Mental Health Line**

The mental health line provides professional support and referrals to appropriate services. It is available to everyone in NSW and operates 24 hours a day, 7 days a week. Call 1800 011 511.

### **eheadspace**

eheadspace provides free online and telephone support and counselling to young people 12 - 25 and their families and friends. If you're based in Australia and going through a tough time, eheadspace can help.

**If you need to speak to someone urgently, please call Lifeline on 13 11 14 or Kids helpline 1800 55 1800.**

**If you need immediate support, call 000.**

You can also get help in person at a headspace centre located near you or via our online support service at eheadspace. Visit:

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