

Referral Guidelines

About headspace Bega (Eden, Cooma and Narooma)

headspace Bega is a free, youth-friendly and confidential service for young people aged 12 – 25 years. Lead by Grand Pacific Health, headspace Bega offers the following supports and services including:

- Mental Health Support
- Drug and Alcohol Support
- Education and Employment Support
- Physical Health and Sexual Health



headspace Bega is a voluntary service. The young person needs to be aware of and consent to the referral and be willing to meet with a member from the headspace Bega team. As such, referral to our service cannot proceed unless consent to refer is obtained.

The headspace Bega hub also provides outpost services to Eden, Cooma and Narooma 3 days per week on Tuesday, Wednesday and Thursday.

PLEASE NOTE:

headspace Bega is not an acute mental health/crisis service. If you have any immediate concerns regarding the safety/wellbeing of a young person, please call: Mental Health Line 1800 011 511; Lifeline on 13 11 14; or Kids Helpline on 1800 55 1800. In an emergency, contact 000 immediately.

HOW TO REFER:

Self-Referral

Young people are encouraged to make contact with the headspace Bega service directly. Young people in Eden, Cooma and Narooma can access our centralised intake via the Bega hub or drop in and see a Youth Care Coordinator in their town for assistance to link in with our intake worker over the phone.

By phone/email

Young people can call 1800 959 844 within office hours or email info@headspacebega.org.au and a worker will contact the young person to complete a referral.

Drop in

Young people can call into headspace Bega between 9am and 5pm, Monday- Friday or at one of our outreach locations between 9am and 5pm Tuesday-Thursday. Staff will endeavour to see the young person the same day or will assist them with a referral and an appointment will be made as soon as possible.

Professional Referral- Service Providers

GP's, Allied Health Professionals, community-based agencies and educational institutions can all refer young people to headspace Bega using the Service Providers Referral Form. General Practitioners should include a mental health care plan (if appropriate) for the young person and attach this to the headspace Bega referral form.

Family Referral

Families, carers or friends can refer a young person to headspace Bega. Once receipt of referral has been confirmed, a worker will contact the young person to make an appointment. Families, parents or carers who have a young person engaged with headspace Bega can also access our centre to discuss service provision

For more information regarding headspace Bega and outpost locations please contact us directly or visit our website <https://headspace.org.au/headspace-centres/bega/>

How to submit this form:

In Person: Rooftop Carpark, Sapphire Market Place. 1/83 Upper St, Bega

Fax: (02) 6494 8855

Mail: PO Box 513 Bega NSW, 2580



Young Person Specifics

Presenting Issues _____

2. _____

3. _____

What supports does the young person identify as needing?

What supports do you feel that young person would benefit from to support their mental and emotional wellbeing?

What skills and strengths does the young person bring? (eg family supports, social network, others)

History of Presenting Problem:

Duration of current issues (circle):

Days

Weeks

Months

Years

Relevant background information:

Previous Mental Health Treatment (by whom/ dates)

Other Services Involved-

Current: _____

Previous: _____



Risk (please tick and detail risk is indicated):

- Self-Harm _____
- Suicidality _____
- Risk to others _____
- Other Risk Behaviours _____

What service are you requesting from **headspace** (tick all that apply)?

- GP
- Youth Care Coordinator
- Mental Health Clinician
- Drug/Alcohol
- Employment/Education

Other Comments:

Please fax the completed form marked attention to "Intake" on 02 6494 8855