

# using a headspace account a young person journey

Frankie feels worried all the time. She feels restless and can't concentrate. Her mind feels like it's racing all the time and she hasn't been sleeping well for about 4 weeks. She talks to her parents and they decide to make an appointment at their local headspace centre.



**making the appointment**

You're booked in. In the meantime, have you set up an account on our website? I can show you how.

There's a lot in here! I never knew headspace had digital services.

**intake appointment**

While you wait for your first appointment, there are some great resources you can access and start saving through your headspace account.

Frankie starts saving resources on anxiety and reading about ideas which might help.

**at the appointments**

Before our next appointment, can you please read the headspace anxiety fact-sheet and we can have a chat about it.

Maybe I will be able to stop worrying so much and feel better one day?

There is a good self-help resource *Understanding Emotions* that you could read. Then we can have a chat about which strategy you'd like to try.

understanding emotions is an important part of mental health.  
Having trouble understanding your emotions?  
get started!

I feel like this might help!

In between our sessions, why don't you have a look at the group chat transcript: *General Coping*.

Frankie reads the group chat transcript and thinks about joining in next time...

Lots of other young people need support too, I'm not alone.

Remember, headspace digital resources are always available if you need to review the strategies you've saved, connect to other young people or clinical support.

Support doesn't end just because my time at the headspace centre has finished.

The headspace digital resources and services have been developed to support a broad range of mental health issues. Spend some time exploring them to discover how they can be used to complement your work with young people.