

## Volunteers and Community Partners

### How can I get involved with headspace Redcliffe?

If you are passionate about youth mental health and looking to help. There are plenty of ways you, your mates and your family can get involved. These include:

- Joining the headspace Redcliffe Youth Reference Group (applications are accepted throughout the year)
- Like us on Facebook /headspaceredcliffe
- Follow us on Instagram @headspace.redcliffe
- Become a Community Partner and host an event to help raise awareness about mental health issues
- Make a donation

For more information about our centre including staff, services, and volunteering opportunities please contact us TODAY!

## We are open

Monday to Friday

We are closed on Weekends and Public Holidays

Our opening hours vary, please visit our website or scan our QR code for further details.

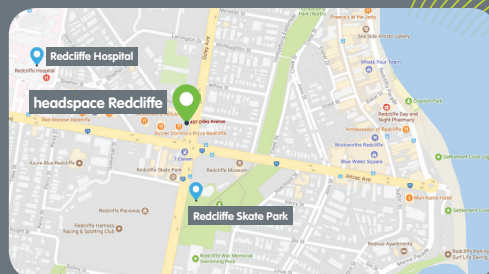


## Contact us

Phone: (07) 3897 1897 Fax: (07) 3897 1800  
headspace.redcliffe@openminds.org.au

For further details visit  
[headspace.org.au/redcliffe](http://headspace.org.au/redcliffe)

Unit 5-7, 457 Oxley Avenue  
(entrance via Portwood Street)  
Redcliffe, QLD 4020  
PO BOX 636, Redcliffe QLD 4020



/headspaceredcliffe



@headspace.redcliffe

For support outside of our hours please contact:  
eheadspace 1800 650 890 / eheadspace.org.au  
Lifeline 13 11 14 / lifeline.org.au  
Kids Helpline 1800 551 800 / kidshelpline.com.au

headspace Redcliffe is supported by funding from the Australian Government under the PHN Program.

headspace Taringa and Redcliffe are an auspice of Open Minds

headspace Redcliffe would like to acknowledge the traditional owners of the land, on which our centre is located, the Gubbi Gubbi people and pay our respects to the elders, past present and future.



Are you 12-25 and going through a tough time?  
Call us on (07) 3897 1897





## What is headspace

headspace provides FREE or low cost counselling and support services to young people aged 12-25 years.

At headspace Redcliffe we support young people who:

- Feel down, stressed or can't stop worrying
- Are withdrawn from family or friends
- Are experiencing a loss of sleep or appetite
- Are worried about their health
- Have poor self esteem or body issues
- Want to cut down on alcohol or drug use
- Want to talk about sexuality, gender or identity
- Are having relationship or friendship difficulties
- Need sexual health information or support
- Are being bullied, harassed or hurt by someone
- Are worried about work or study commitments
- Are self harming or having thoughts of self harming
- Are having money or employment troubles

**Need someone to talk to?  
headspace Redcliffe is here to listen!**

## What should I expect

When you first arrive at headspace Redcliffe you will be greeted by one of our friendly receptionists who will ask you to complete the following 3 easy steps:

1. Fill out some standard forms
2. Take a quiz on one of our iPads
3. Take a seat and chill in our youth friendly waiting area

**Intake session:** Your Intake Worker's role is to talk about any issues or concerns you might have. Based on the information you provide, they will then work with you to develop an individualised support plan that best suits your needs.

Intake Workers can assist you to book your first appointment with appropriate support services.

### These services may include:

- Psychiatrists
- Counsellors / psychologists
- Doctors (GP)
- Alcohol and drug workers
- Vocational or Employment Services
- Group support sessions (subject to availability)
- External Service Providers

## Frequently asked questions

### How much will it cost?

Most services at headspace Redcliffe are FREE and can be bulk-billed under the Australian Medicare System using your Medicare Card.

### How do I make an appointment?

Making an appointment at headspace Redcliffe is easy! All you, a friend or family member needs to do is call up, email or walk in. Please see the back of this brochure for centre contact details.

### Referrals from professionals?

Please download and complete a referral form which can be found on our website [headspace.org.au/redcliffe](http://headspace.org.au/redcliffe).

**Note:** All referrals require the consent of the young person.

### How long will I have to wait?

Waiting times can vary. Our reception staff will provide you with more information about wait times when you book an appointment.

### What about my privacy?

At headspace Redcliffe we take your privacy very seriously. We will discuss this with you at your first appointment.

**Remember:** Your privacy, safety and wellbeing is important to us!