



Want to have a say and get involved in the work we do at headspace Campbelltown?

We want you to join one of our reference groups

If you're passionate about raising awareness about mental health issues and making a difference in your local community consider joining one of our reference groups.

If you're a young person aged 16-25, consider joining our Youth Reference Group.

If you're a family member or friend of a young person, or a community member with a passion for youth mental health. Consider joining the Family & Friends Reference Group.

Get in touch for more information or to join our group.

let's talk headspace Campbelltown

Find out more about headspace Campbelltown and how we can help



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how can i find out more?

headspace.org.au provides info and resources to help you maintain your wellbeing. You can also find your closest headspace centre here – or get in touch with headspace to talk to someone.



is it an emergency?

If you are in an emergency situation or need immediate assistance, contact mental health services or emergency services on 000. If you need to speak to someone urgently, call Kids HelpLine **1800 55 1800** or Lifeline **13 11 14**.

headspace National Youth Mental Health Foundation is funded by the Australian Government Department of Health



headspace Campbelltown is a good place to talk about your wellbeing

headspace Campbelltown is somewhere for young people who need help with mental health, physical health (including sexual health), alcohol and other drugs or work and study support.



we can help with:

Mental health

We can help if you're:

- feeling down
- stressed or worried a lot of the time
- experiencing relationship problems or difficulties with your family or friends
- wanting to talk about sexuality or gender identity
- just not feeling yourself, or if you've noticed changes in your thoughts, feelings or behaviour.

Physical and sexual health

headspace centres often have youth-friendly doctors and nurses who can assist you with issues related to:

- any physical health issues
- contraception and sexual health
- drug or alcohol use.

Work, school and study

We can help if you're:

- struggling at school or work and feeling anxious or stressed
- unsure of what course you want to do
- needing a hand writing a resume
- searching for a job.

Alcohol and other drugs

Alcohol and other drugs can affect things that matter to you, like your mental health, wellbeing or friendships. If you're having a hard time cutting down, we can support you to get things back on track.

headspace Campbelltown

At headspace Campbelltown we provide a range of programs, services and support for young people aged 12 - 25 for things that might be affecting your health and wellbeing.

To find out about all the services, programs, group sessions and activities available – or to make an appointment – you can call, email or drop in.

You can also ask a friend or family member, health worker or other community service to make an appointment for you.



Find out more about our headspace centre online
headspace.org.au/campbelltown

eheadspace

eheadspace is our national online and phone support service for people aged 12–25, their families and friends. eheadspace is staffed by experienced and qualified youth mental health professionals.

Web-chat and phone support operates from **9am – 1am (AEST), every day of the year.**

All you need to do to access eheadspace is register at [eheadspace.org.au](https://headspace.org.au) (for web-chat or email support) or call **1800 650 890.**