



headspace®

National Youth Mental Health Foundation

for workers



Working as a headspace GP

headspace the National Youth Mental Health Foundation Ltd is an Australian government funded, not-for-profit organisation committed to improving the lives of young people aged 12-25 years.

headspace funds centres in over 80 locations across Australia with more centres opening soon. Each **headspace** centre is a youth friendly place where young people can access low cost or free help, for a range of health and wellbeing problems. Services are provided by a variety of professionals working in each centre including youth workers, allied mental health workers, GPs and psychiatrists.

Services to young people in **headspace** centres include general health, mental health and wellbeing, alcohol and other drugs, and education, employment and other services. Designated **headspace** centres across Australia also offer early psychosis services for young people experiencing, or at high risk of developing, psychosis.

GPs have a key role in assessing young people and in the preparation of GP mental health treatment plans that allow young people to access psychological services. In addition to assessing and managing mental health problems, GPs are encouraged and supported to engage young people around sexual health, drug and alcohol, other physical health problems as well as preventative health care.

Working at a headspace centre gives GPs an opportunity to:

- improve the lives of young people as part of an interesting and innovative team;
- provide a full range of health services, with an emphasis on managing mental health problems;
- be part of a supportive, multidisciplinary team; and
- develop confidence and increased skills in working with young people.

Other benefits include:

- focus on evidence based practice – from assessment to appropriate prescribing;
- potential access to a range of supports including supervision and professional development
- modern fully computerised facilitates with full reception and admin support;
- competitive remuneration with a very high percentage of MBS billings; and
- part time positions are welcomed.

If you would like more information about working at **headspace**, please contact your local centre at: <http://bit.ly/hspcntr>