

## Opening Hours

The Busselton satellite is open from:

Monday 9am-5pm

Tuesday 9am—9pm

Wednesday 9am—5pm

Thursday 9am—5pm

Friday 9am—5pm

## Family and Friends Reference Group

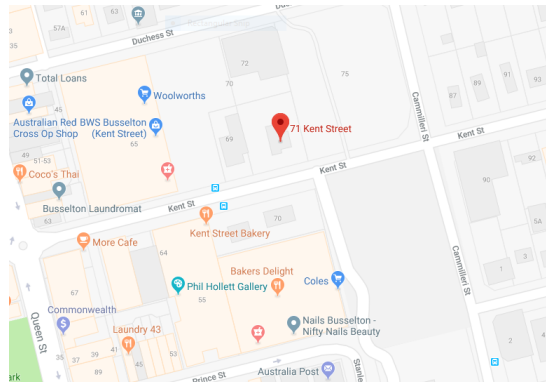
The FFRG gives family and friends of young people the opportunity to be heard and be active around youth mental health. As a member you will be involved with promoting **headspace** to parents and young people, assisting with fund raising activities, raising awareness of mental health issues and have input to parent support and education.

**Call the centre for more information on joining these groups!**

## Connect

71 Kent St, Busselton

We are here



Email us [info@headspacebunbury.org.au](mailto:info@headspacebunbury.org.au)

Fax us 62105905

**headspace** is a safe place for all young people regardless of gender, beliefs, race or sexuality.



We've got your back

Aged 12-25 and having a tough time?  
headspace is here to help

headspace has a range of services available for young people such as...

- Mental Health
- Gender and Sexuality
- Family and Relationship Issues
- Employment and Education
- Alcohol and Drugs Support



## What kind of people work at headspace?

Our team consists of youth friendly and dedicated staff including...

- Social Workers
- Psychologists
- Clinical Psychologists
- Vocational Adviser

No referral needed for your first appointment, just call or drop into the centre to organise your initial appointment.

Want more information?



Visit our website at [headspace.org.au](http://headspace.org.au) to find out more about **headspace** and what we do. You can also find helpful resources and fact sheets on a variety of subjects. The website has information for parents and carers, and real life stories from **headspace** clients all over Australia.

Just look around!

I don't think I'm ready yet



Asking for help can be scary sometimes and coming in to speak to someone can be a big step. If you feel like you want help but aren't quite ready to come in then **eheadspace** might be a great start for you.

## What is eheadspace?

**eheadspace** is our online service for young people going through a tough time. You can find it at [eheadspace.org.au](http://eheadspace.org.au) it is a confidential and free which gives you access to web chat, email or phone support with a qualified youth mental health professional.

You can also use **eheadspace** if you have a friend or family member you are concerned about.

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