



let's chat

headspace Hamilton

headspace Hamilton is a youth-friendly service for those aged 12 to 25 years across the Southern Grampians Region.

We acknowledge there are many things that contribute to someone's mental health.

That's why we provide safe, free and confidential support in:

- mental health and wellbeing
 - physical and sexual health
 - work, school and study
 - alcohol and other drugs
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we can help with...

mental health

headspace 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 your sexuality or gender identity
- just not feeling yourself, or if you've noticed changes in your thoughts, feelings or behaviours

physical or sexual health

A nurse can help young people with anything related to sexual or reproductive health. Our centre also has links to other support based in the region.

work, school and study

headspace 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 to write 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 Hamilton opening hours

- Monday (9am to 5pm)
- Tuesday (9am to 5pm)
- Wednesday (9am to 7pm)*
- Thursday (9am to 7pm)*
- Friday (9am to 5pm)

*appointment only after 5pm



If you need immediate assistance
call triple zero or to speak to
someone urgently, phone

- Lifeline on 13 11 14
- Suicide Call Back Service on
1300 659 467.



03 5500 7130



headspace.org.au/hamilton



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