



headspace Wonthaggi

headspace acts as a one-stop-shop for young people who need help with mental health, physical health (including sexual health), alcohol and other drugs or work and study support.

headspace Wonthaggi encourages young people to visit and access our centre's services when you notice a problem, ideally before the issue becomes a crisis for you and/or your friends and family.

We aim to make you feel informed and supported in your wellbeing and health care decisions.



let's talk headspace Wonthaggi

Find out more about headspace Wonthaggi and how we can help



5b Murray Street
Wonthaggi, Victoria 3995
P (03) 5671 5900
headspace.org.au/wonthaggi



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 Wonthaggi is operated by Relationships Australia Victoria. All headspace services are funded by the Australian Government Department of Health. Administration of funding is carried out by the headspace centre's local Primary Health Network (PHN), in this case, Gippsland PHN.



headspace Wonthaggi is a good place to talk about your wellbeing

headspace Wonthaggi 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.

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At headspace Wonthaggi 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/wonthaggi

Contact us

Phone (03) 5671 5900

Email info@headspacewonthaggi.org.au

Facebook [headspace Wonthaggi](#)

Instagram [headspace_wonthaggi](#)

