



## headspace can help if you:

Are feeling down, stressed or worried

Are having difficulties with the relationships in your life

Need help and advice with a health or sexual health issue

Have concerns about alcohol and drugs

Want to talk about sexuality, gender identity or relationships

Are being bullied, hurt or harassed

Need advice about education or finding work

With a focus on early intervention, we work with young people to provide support at a crucial time in their lives – to help them avoid going off track and strengthen their ability to manage their mental health in the future.

## contact us

There is 3 hr free parking at Knox Ozone  
Buses can take you to Westfield Knox Shopping Centre

Visit [www.ptv.vic.gov.au/journey](http://www.ptv.vic.gov.au/journey) to plan your bus trip



Westfield Knox Ozone 2 Capital City Boulevard  
Wantirna South VIC 3152



Phone: 03 9801 6088  
Website: [www.headspace.org.au/knox](http://www.headspace.org.au/knox)  
Email: [info@headspaceknox.com.au](mailto:info@headspaceknox.com.au)  
Facebook: @headspaceKnox  
Instagram: @headspaceKnox



Monday: 9:00am - 6:00pm  
Tuesday: 9:00am - 6:00pm  
Wednesday: 9:00am - 6:00pm  
Thursday: 9:00am - 7:00pm  
Friday: 9:00am - 5:00pm  
Saturday: Closed  
Sunday: Closed



If you need to speak to someone urgently, please call Lifeline on 13 11 14, Kids helpline on 1800 55 1800 or 000 for emergency assistance

headspace Knox is operated by EACH and is supported by funding through the Australian Government's PHN program.

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

headspace acknowledges Aboriginal and Torres Strait Islander Peoples as the First Peoples of Australia and we pay respect to the Elders past and present who we share this great country.



Are you aged between 12 & 25?

headspace Knox has a variety of early intervention services tailored for young people just like you!



## making an appointment

- **Phone**

- Call us on (03) 9801 6088 during opening hours to speak to one of our team and arrange an appointment.

- **Drop in**

- If you decide to drop into our centre, we will do our very best to see you. If all of our team are seeing other young people at the time, we will organise the next available appointment for you

## seeing a doctor

headspace Knox have a great team of doctors that are here to help you with any general health concerns

For example, health checks, medical certificates, travel advice, referrals, contraception, holistic health etc.

**\*100% Bulk Billed**



## Our services include

- General health services (GPs)
- Alcohol & other drug counselling
- Vocational, education & training support
- Community Groups
- Youth Health Nurse
- Telehealth appointments
- Brief Intervention Counselling Support (up to 6 sessions)
- Headstart: Short term focused counselling session
- TAC L2P Services

headspace welcomes feedback that helps us improve our services to young people and their families.

## eheadspace

Whatever you're going through, chat to eheadspace online or on the phone for free online, telephone support & counselling to young people. Just log onto:

**[eheadspace.org.au](https://www.eheadspace.org.au)**  
and register

## headspace Knox website

Visit [www.headspace.org.au/knox](https://www.headspace.org.au/knox) to find:

- Useful mental health and wellbeing information.
- Where to get help
- What to expect when visiting
- Access Key
- headspace Knox
- Local events and activities
- Helpful fact sheets and heaps more