

headspace Work & Study

*headspace Work & Study is an innovative online program supporting young people on their work and study journey. Young people connect with a Vocational Specialist for weekly or fortnightly **phone, webchat** or **video** appointments over a 3 month period. There are **no-costs** associated with accessing this service.*

Work & Study Service can provide

- Employment preparation assistance (resume writing, job applications and job search skills)
- Mock interviews conducted via video link by corporate partners, offering professional feedback and guidance
- Support for workplace trials and work experience opportunities
- Education/training assistance i.e. course research
- Career planning and exploration i.e. self-assessment activities
- Navigating the Employment Service landscape
- Support in understanding employment rights
- Opportunities for course funding
- Support in building work related confidence and self-efficacy

Eligibility

- Young people **aged 15-25** who are finding their mental health makes it harder to engage in work or study, or whose work and study situation is impacting their mental health. The young person does not need a formal mental health diagnosis.
- The service is **free & voluntary** for eligible young people accessing the service.

Our Staff

- Our **Vocational Specialists** come from diverse backgrounds including Youth Work, Career Counselling, Employment Services and Student Support
- Young people can work with one of our **First Nations Vocational Specialists**
- **Vocational Specialists** are trained in Motivational Interviewing and Youth Mental Health First Aid, and enter into care collaboration with face-to-face mental health support. We also encourage and support young people to engage with local mental health services if they are not currently linked in
- We have a small team of **mental health clinicians** who can support young people in the service with any mental health related barriers to their work and study. They also support vocational staff to ensure the mental health needs of the young people engaged with the service are being met
- We have dedicated **Support Officers** who handle intake and are always happy to provide advice and assistance to young people making enquiries via phone, email or webchat

Our Benefits

- No wait time for service access – our Support Officers will typically make contact with the young person within **48 hours** of referral, and we endeavour to commence a young person into the service the same week
- As a digital service, we can move when a young person does (i.e. when relocating interstate)
- Accessible for young people living in regional or remote areas
- Strengths-based and young person led, we provide a safe environment for young people to explore their work and study challenges

Work and Study support that is integrated with clinical support assists young people to feel understood and supported across all elements of their journey

Referral Process

A young person can self-refer by –

1. Calling **1800 810 794**
2. Visiting digitalworkandstudy.org.au and selecting “**sign up**” to register

We look forward to receiving your referrals!