

headspace drop in

Young people aged 12-25 years can now 'drop in' to the headspace Wonthaggi Centre on a Thursday afternoon from 1-5pm.

Drop in to:

- Check out the headspace centre – you can even have a tour. You can also bring a friend or family member who may like to know what we do here at headspace.
- Learn about the services we offer to young people, their friends and family.
- Have a chat to a headspace Youth Access Worker to get some tips and take-home advice.

- Meet our friendly headspace team!
- Chill out, charge your phone, have a drink and a snack – headspace is a safe place for ALL young people.
- Start the process of having ongoing appointments here at headspace.
- Find out about other local support services such as youth-friendly doctors, work and study support, financial support, housing and food security.

No appointment necessary, just drop in!

Please note: This is not a crisis service. If you are in crisis, please reach out to your supports, call 000 in an emergency, or contact Lifeline on 13 11 14 or Kids Helpline on 1800 551 800 for 24/7 support.