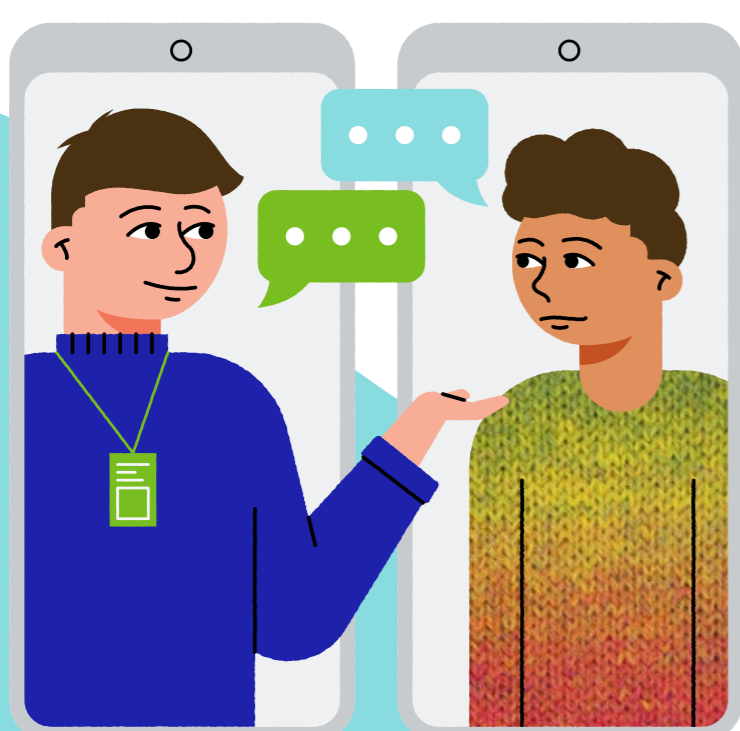




## Lockdown is hard.

We are all experiencing up and downs with our mental health, but if you are struggling, **don't wait to get help.**

headspace centres in Victoria are still open and able to offer appointments to young people via phone and online services.



### Find your closest centre

headspace centres are still here for you. In response to COVID-19, headspace centres across the country are operating a combination of in-person, online and phone services – depending on the situation in their local communities.

You can find your closest centre at [headspace.org.au/centres](https://headspace.org.au/centres)



### Create a headspace account

Just by visiting the headspace website at [headspace.org.au](https://headspace.org.au) and creating an account, you can access lots of great mental health resources including group chats, online communities, interactive resources and 1:1 direct support with professionals.



### Free headspace counselling in regional schools

If your school is more than 60km from a headspace centre, you may be eligible to access the headspace regional phone counselling service.

Secondary students living in regional Victoria who cannot easily access face-to-face counselling can step away from their class and speak to a professional counsellor.

To find out more, speak to your school's wellbeing support team.

# headspace.org.au