

Acknowledgement of Country
headspace Chatswood would like to acknowledge the Cammeraygal people of the Gai-mariagal Nation as the original people of Chatswood and the traditional custodians of the land, water and air of this area. We pay our respects to Elders past, present and future and are committed to making a positive contribution to the wellbeing of Aboriginal and Torres Strait Islander young people.

Commitment to Diversity:
headspace is committed to embracing diversity and eliminating all forms of discrimination in the delivery of health services. headspace welcomes all people, regardless of ethnicity, gender identity, sexuality or faith.

get in touch

Level 9 / 465 Victoria Ave
Chatswood, NSW, 2067
Ph: 02 8021 3668
headspacechatswood@newhorizons.org.au

opening hours

Monday: 8:30am - 7pm
Tuesday: 8:30am - 6pm
Wednesday: 8:30am - 6pm
Thursday: 8:30am - 6pm
Friday: 8:30am - 6pm

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.

If you need immediate support or are in a crisis, call the NSW Mental Health Line at 1800 011 511, Lifeline at 13 11 14, Beyond Blue at 1300 22 4636. If you are in immediate danger, call Triple Zero (000).

headspace Chatswood

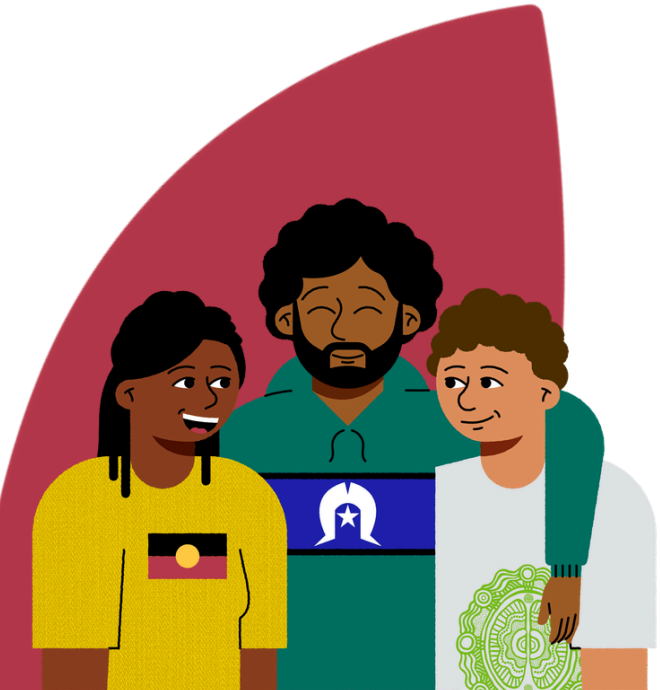
let's talk headspace Chatswood

Find out more about headspace Chatswood and how we can help



headspace Chatswood is a good place to talk about your wellbeing

headspace Chatswood 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.

headspace Chatswood

At headspace 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.

Online & Phone Support

Can't make it into the centre? headspace offers a range of free online services and resources, so you can access support wherever you are.

Create a free account to connect with a clinician one-on-one via webchat, email or phone, join group chats with other young people, access work and study support, and explore tools and resources to help you maintain a healthy headspace.

Learn more about headspace online services and resources, and create your free account at headspace.org.au.

our space

