

our doors are open!

headspace Lilydale is open **Monday - Thursday 10:30am-5pm.**

In person, phone and telehealth services are available.

headspace Lilydale offers young people aged 12-25 a welcoming environment where they can access confidential and free mental health support, health advice, and general information.

We are a team of friendly workers who specialise in youth wellbeing.

Current services include:

- Counselling Support
- Community Engagement
- Mental Health Awareness

We can be found at 216 Main Street, Lilydale.

Contact us on 9735 7900.

