



headspace can help if you:

Are feeling down, stressed or worried

Are having difficulties with the relationships in your life

Need help and advice with a health or sexual health issue

Have concerns about alcohol and drugs

Want to talk about sexuality, gender identity or relationships

Are being bullied, hurt or harassed

Need advice about education or finding work

With a focus on early intervention, we work with young people to provide support at a crucial time in their lives – to help them avoid going off track and strengthen their ability to manage their mental health in the future.

contact us

There is free parking at the front of the centre
Lilydale train station is a five minute walk away.

Visit
www.ptv.vic.gov.au/journey
to plan your bus trip



216-218 Main Street, Lilydale VIC 3140



Phone: 03 9735 7900
Website: <https://headspace.org.au/headspace-centres/lilydale/>
Email: headspacelilydale@each.com.au
Facebook: @headspaceLilydale
Instagram: @headspaceLilydale



Monday: 10:30am - 5:00pm
Tuesday: 10:30am - 5:00pm
Wednesday: 10:30am - 5:00pm
Thursday: 10:30am - 5:00pm
Friday: Closed
Saturday: Closed
Sunday: Closed



If you need to speak to someone urgently, please call Lifeline on 13 11 14, Kids helpline on 1800 55 1800 or 000 for emergency assistance

headspace Lilydale & Knox are operated by EACH and is supported by funding through the Australian Government's PHN program.

headspace National Youth Mental Health Foundation is funded by the Australian Government Department of Health.

headspace acknowledges Aboriginal and Torres Strait Islander Peoples as the First Peoples of Australia and we pay respect to the Elders past and present who we share this great country.



Are you aged between 12 & 25?

headspace Lilydale has a variety of early intervention services tailored for young people just like you!



making an appointment

- Phone
 - Call us on (03) [9735 7900](tel:97357900) during opening hours to speak to one of our team and arrange an appointment.
- Drop in
 - If you decide to drop into our centre, we will do our very best to see you. If all of our team are seeing other young people at the time, we will organise the next available appointment for you

seeing a doctor

headspace Knox have a great team of doctors that are here to help you with any general health concerns

For example, health checks, medical certificates, travel advice, referrals, contraception, holistic health etc.

***100% Bulk Billed**



headspace Knox & Lilydale Services

- General health services (GPs)
- Alcohol & other drug counselling
- Vocational, education & training support
- Community Groups
- Youth Health Nurse
- Telehealth appointments
- Brief Intervention Counselling Support (up to 6 sessions)
- Headstart: Short term focused counselling session
- Psychology support (up to 10 sessions per MH treatment plan)

headspace welcomes feedback that helps us improve our services to young people and their families.

eheadspace

Whatever you're going through, chat to eheadspace online or on the phone for free online, telephone support & counselling to young people. Just log onto:
eheadspace.org.au
and register

headspace Lilydale website

www.headspace.org.au/headspace-centres/lilydale to find:

- Useful mental health and wellbeing information.
- Where to get help
- What to expect when visiting
- Access Key
- headspace Lilydale
- Local events and activities
- Helpful fact sheets and heaps more