

If you would like to refer a young person please call us, or encourage the young person to come in & see us
Monday—Saturday 8958 4544

Services available

Weekday	Morning	Afternoon
Monday	Youth Counsellor	Youth Counsellor Doctor
Tuesday	Youth Counsellor	Youth Counsellor ASYASS emergency relief (ER), Psychologist
Wednesday	Youth Counsellor	Psychologist Youth Counsellor ASYASS ER Doctor
Thursday	Youth counsellor	Psychologist Youth Counsellor
Friday	Youth counsellor	Youth counsellor Doctor
Saturday	By Appointment	

www.headspace.org.au/centralaustralia

- 1 in 4 young people aged 12-25 yrs will experience a mental or substance abuse disorder in any given 12 month period
- Only 1 out of every 4 young people with mental health problems receives professional help. Even among young people with the most severe mental health problems, only 50% receive professional help
- Over 75% of all serious mental health problems commence before the age

headspace Central Australia

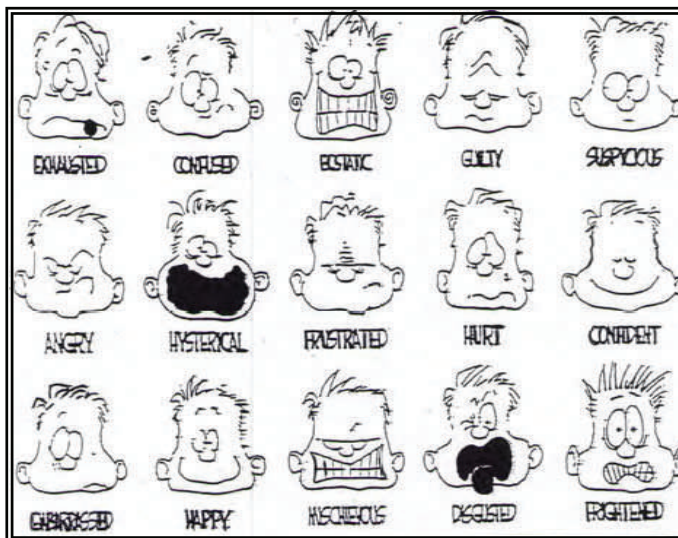
5/5 Hartley St, Alice Springs NT 0870
(Opposite the Catholic Church)
 Phone: 08 8958 4544 Fax: 08 8952 0412



5/5 Hartley street (opp. catholic church)

Ph: 8958 4544

headspace helps sort things out...



If you need help making sense of what's in your headspace, come and chat to the headspace crew

Call us or Drop In Ph: 8958 4544

Youth Advisory Group

The YAG (Youth Advisory Group) will quite often be seen out and about getting involved in Community events and advocating for headspace. In return the YAG give us suggestions on what we need to concentrate on at headspace and how we can help the young people in Alice better.

If you want to find out more about the YAG and their involvement please contact us on 8958 4544

GO You YAGgers!



headspace

Central Australia

'another place to go'

understanding

health

support

connections

education

www.headspace.org.au/centralaustralia

headspace is funded by the Australian Government under the

headspace
Central Australia
Ph: 08 8958 4544



The referral will be discussed with the person referring and/or the person referred, to determine the most helpful course of action.

We work with young people who want to work with us, so please ensure that the young person is aware that you are making the referral. We will contact the young person by telephone on receipt of the referral.

Usually an initial appointment will be made with an intake worker, followed by subsequent appointments, as required, with clinicians from a range of disciplines that will help the young person to get 'back on track'.



www.headspace.org.au/centralaustralia

Medical services are 'bulk billed'

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through Medicare.

There are no direct costs to the young person.

It is easier if you bring your Medicare card, but if you have not been issued with one or it is not available we can assist you in applying for one.

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headspace is a service for all young people aged 12-25 years living in the Alice Springs region. Our focus is on the health and wellbeing of young people.

We are a '**one-stop-shop**' that provides **FREE & CONFIDENTIAL** access to services that include –

- GP Clinic
- Psychologists
- Youth Counsellors
- ASYASS—Emergency Relief
- Sexual & Reproductive Health
- Alcohol & Drug Counselling

headspace is not a crisis service

Requests to assist in an emergency will be directed to existing crisis services who are equipped and resourced to handle these situations. If you have immediate concerns about a young person's safety, please contact 000 or call the Alice Springs Hospital switchboard on 8951 7777; the Crisis Assessment Team (CAT) can also be accessed through this number.

All headspace services are free so we do need your Medicare Card or Number.

We can also assist with Medicare & Centrelink inquiries.