

headspace can help if you:

- ▶ Are feeling down, stressed or worried
- ▶ Are having difficulty with something in your life
- ▶ Need help with a health issue
- ▶ Have concerns about alcohol and drugs
- ▶ Want to talk about sexuality, identity or relationships
- ▶ Want to discuss sexual health or find out about contraception
- ▶ Are being bullied, hurt or harassed
- ▶ Need advice about education or finding work
- ▶ Are worried about a friend or family member or young person



headspace Knox Website



Visit www.headspace.org.au/knox to find:

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

eheadspace.org.au

If you're not ready to come into the centre, headspace National offer free and confidential online and telephone based mental health support and counselling.

Just log onto:

eheadspace.org.au and register.



headspace Knox

Are **you** aged between
12 & 25?

headspace Knox has a variety of services tailored for young people
just like you!



headspace National Youth Mental Health Foundation Ltd is funded by the Australian Government Department of Health and Ageing under the Youth Mental Health Initiative Program.

Making an appointment

► Phone

Call us on (03) 9801 6088 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.

GP Services ► Seeing a Dr.

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, etc.

100% Bulk Billed*

*to all Medicare card holders

Our services include:

- General health services (GPs)
- Counselling Services
- Alcohol & other drug services
- Mental health services
- Vocational, education & training services
- Youth Health Nurse

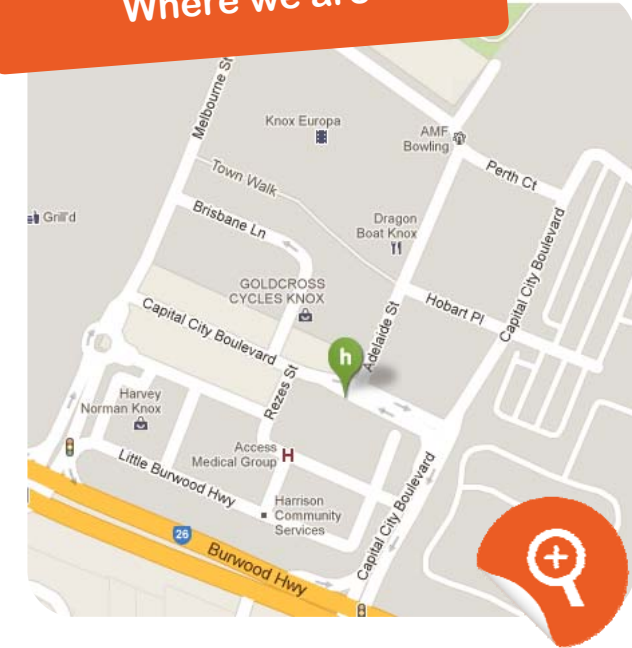
Our staff includes:

- Psychologists
- Credentialed Mental Health Nurses
- Youth Workers
- Drug and Alcohol Counsellors
- GP's
- Youth Health Nurses

Contact us

P 03 9801 6088
F 03 8677 9081
E info@headspaceknox.com.au
W www.headspace.org.au

Where we are



There is free parking at Knox Ozone

Buses can take you to Westfield Knox Shopping Centre

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

