

headspace: How Young People Can Access Services

headspace is a National initiative that promotes easy access and early intervention for young people aged 12-25 years, with 30 centres across Australia. As a youth friendly service, **headspace** focuses on four core areas of service provision: primary health, alcohol and other drug interventions, mental health, and social recovery.

As a youth health centre, **headspace** Townsville provides a holistic approach to health care by providing GP services, counselling services (individual and group), and social interaction services (e.g., social activities including graffiti art, music jam sessions, art, writer's club, sport etc.). In order to deliver a holistic approach, we have a multidisciplinary team of health professionals, including a GP, a psychiatrist, psychologists, a mental health nurse, a youth care co-ordinator, an alcohol and other drugs counsellor, as well as support and administrative staff members. **headspace** also provides information and education to parents and carers of young people. Indeed, one of the appealing aspects of **headspace** is the youth friendly non-clinical appearance of the centre. Furthermore, **headspace** services are provided at no cost to the client (e.g., Medicare bulk billing).

Young people, and parents and carers, can access **headspace** services either by telephoning or dropping into the centre (Riverway Complex), or by referral from another organisation (e.g., GP, health service, community service, school).

headspace Townsville is currently open Monday, Thursday, and Friday 8.30am-5pm, and Tuesday and Wednesday 8.30am-6.30pm. As the demand for services increases we will extend the operating hours to include Saturday mornings.

If you would like more information about **headspace** and the services provided, please do not hesitate to contact us on telephone 07 4725 4029, or via email at headspace@tgpn.com.au. You can also visit our web site at www.headspace.org.au/townsville