

# 'talk-soon' program



**Monday,  
Wednesday  
& Friday**  
**11.30am –  
4.00pm**

**FREE service  
for young  
people aged  
12-25**

The headspace Mount Gambier 'talk-soon' program provides young people access to same-day mental health support. This service delivers a single session therapy (SST) model and is available 3 days per-week.

Keep an eye out for out for appointment times on our facebook page. Call us to secure your spot.

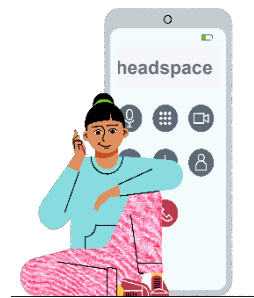
**in-person**



**online**



**phone**



**8725 0443**

# FAQ's

## How much does it cost?

All services at headspace are FREE.

## When is this available?

Monday, Wednesday & Friday 11.30am – 4.00pm

## What if I cannot get to Mount Gambier?

All services at headspace Mount Gambier can be provided online or via telephone if in-person support is not available.

## How do I book an appointment?

Call or walk-in to headspace to book your appointment during standard business hours.

## Can I have more than one appointment?

The nature of the 'talk-soon' program is to provide intervention in a single-session therapy model. This does not mean that you can only have one session, you can access this program as you need it, including being referred to receive ongoing support with a headspace clinician.

## Do I need to have a family member with me?

If you are under 16, you will need a parent or guardian to provide consent but after that, it is up to you if you would like someone there to support you.

## Contact us

headspace Mount Gambier  
171 Commercial Street East  
Boandik Country  
8725 0443

headspace is not a crisis service, if you are in an emergency, call 000 or go to the hospital.

## For crisis support, call:

Lifeline: 13 11 14  
Mental health triage 13 14 65

## Before the session

You will need to complete a pre-questionnaire to help us understand what support you are looking for.

## During the session

Together with a clinician, you will discuss what is happening and be offered practical skills and strategies for you to try.

## After the session

Together we arrange a time for a follow-up phone call 2 weeks after the session to see how you have been going, explore what strategies and skills worked for you and if you require any further support.

## Standard business hours:

Monday:	9.30am – 5.30pm
Tuesday:	9.30am – 7.00pm
Wednesday:	11.30am – 5.30pm
Thursday:	9.30am – 7.00pm
Friday:	9.00am – 5.00pm



Everyone is welcome at headspace.