

# headspace Edinburgh North

Service Location & Contact Details

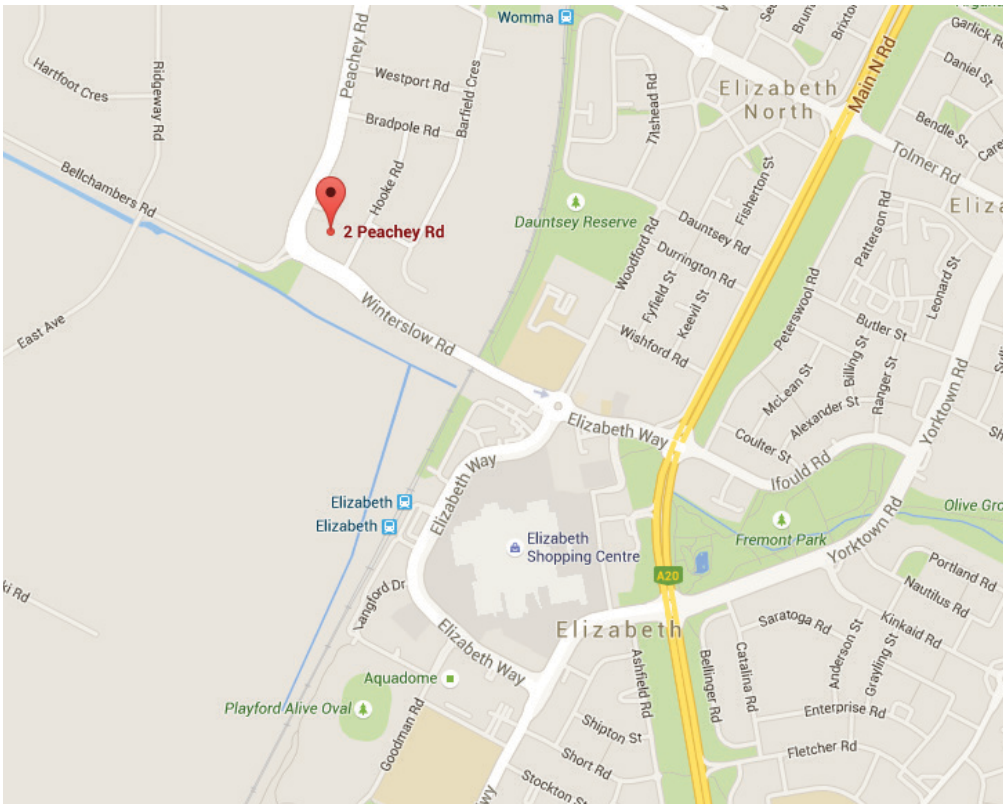


## headspace Edinburgh North

2 Peachey Road  
Edinburgh North SA 5113

**Phone:** (08) 8209 0700  
**Fax:** (08) 8252 9433  
**Email:** [info@sonder.net.au](mailto:info@sonder.net.au)

Disabled parking and access  
at rear carpark



headspace Edinburgh North is operated by Sonder.  
headspace National Youth Mental Health Foundation is funded  
by the Australian Government Department of Health

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## Reaching us via public transport

### Bus

Stops 66 and 67 are both equal distance away (approximately 3 minutes walk).

### Train

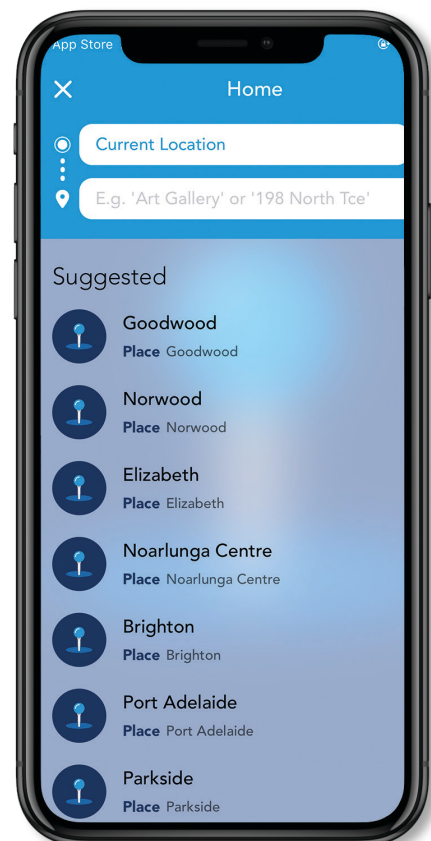
The nearest train station is Elizabeth Interchange (approximately 20 minutes walk).

### Using GPS

When entering the address into the GPS please make sure you select the suburb Edinburgh North or Elizabeth West.

## If you are planning to travel by bus, use the Metro Mate app by Adelaide Metro or head to the Adelaide Metro website to find the best route

1. Go to [www.adelaidemetro.com.au](http://www.adelaidemetro.com.au)
2. Type in your address under 'From' and our address (2 Peachey Rd, Edinburgh North, 5113) under 'To'
3. Select 'Arrive' and enter the time and date of your appointment. For more time and travel route options, check all three forms of transport and check 'Show on map'.
4. Click on 'Plan Journey' to view available



# eheadspace can help

headspace online and telephone service supports young people and their families going through a tough time.

## What is eheadspace?

eheadspace is a confidential, free and secure space where young people 12 - 25 or their family can chat, email or speak on the phone with a qualified youth mental health professional.

## What does eheadspace do?

Young people may contact us if they need advice, are worried about their mental health or are feeling isolated or alone.

eheadspace can help with a broad range of issues like bullying, drug and alcohol issues, depression and anxiety, relationships, concerns about friends, fitting in and isolation.

We also have experts who can provide work and study advice to young people and specialist support to parents and carers who are worried about a young person 12 - 25. eheadspace is part of headspace, the National Youth Mental Health Foundation.

## How much does eheadspace cost?

eheadspace is free but if you call from a mobile phone, normal call charges apply.

Let us know if you are calling from a mobile and we can call you back.

## Is contact with eheadspace secure and confidential?

We aim to make every effort to ensure all contact with the eheadspace service is secure and confidential.

When you talk to someone at eheadspace, nothing said or written will be passed on to anyone else without your permission.

However, there are a few exceptions. For example, if we are concerned about your safety or the safety of someone else. In these instances, the eheadspace worker will try to talk to you first about what needs to happen and what additional supports you may need to help you be safe.

If necessary, we may need to pass on your contact information to authorities and/or other services to ensure you are protected and properly cared for. We will inform you about this where possible.

## How do I contact eheadspace?

There are three ways to contact eheadspace:

- chat at [eheadspace.org.au](https://eheadspace.org.au), seven days a week from 9am to 1am AEDST (Australian Eastern Standard Time)
- call us on 1800 650 890, seven days a week from 9am to 1am AEDST
- email us anytime and receive a response from an eheadspace worker within 24 to 48 hours

You can email eheadspace with your details and times you are available for webchat appointment or for an eheadspace worker to call you back between 9am and 1am AEST.

We'll confirm the appointment by email.

### FOR EMERGENCY SITUATIONS, CONTACT AN EMERGENCY SERVICE!

If you or another person is in a life-threatening situation or require immediate help, contact the police or ambulance service on 000.

To speak to someone urgently about a mental health crisis, call Kids Helpline on 1800 55 1800 or Lifeline on 13 11 14.