

headspace walk-in service

headspace supports young people aged
12 – 25 who are seeking support for:

- mental health
- physical health (inc. sexual health)
- work & study
- alcohol & other drugs

what is it?...

The headspace Mount Gambier walk-in service offers a single session therapy (SST) model. This solution focused therapy session helps young people get the support they require when they need it. Young people can access this service by simply walking in between 11.30am – 5pm to talk to the available clinician.

Before the session

We ask young people to complete a pre-questionnaire to help us find out what is happening for you before your session starts.

During the session

headspace clinicians will spend up to 90 minutes working with you to find out what is happening and what support you would like to access.

The worker will provide you with practical skills and strategies to take home with you.

After the session

We organise to have a follow up phone call a couple of weeks after the session to check in and see how you are going, to see what strategies worked for you and if you would like further support from us.

If you do require further support, we can book you in for another single session OR you can book for an intake & assessment and receive ongoing support from one of our team members.



single session therapy is...

- **FREE**
- **youth friendly**
- **quick to access**
- **solution focused**
- **evidence based**
- **run by qualified technicians**
- **guided by the young person**
- **inclusive of families**
- **about goal setting**
- **providing young people with the skills and strategies to take away**

the facts say...

- The early stages of therapy are most effective & where the most change occurs
- Based on client feedback, most people report satisfaction after attending only one session
- The most common number of therapy sessions is one, followed by two

FAQ's

What does walk-in mean?

Walk-in means you do not need an appointment before coming in. Sessions will be offered on a first come, first-serve basis.

How much does it cost?

All services at headspace are FREE.

When is this available?

11:30am - 5pm Monday, Wednesday and Friday in centre
Available in Bordertown (Tuesday), Millicent (Wednesday) & Naracoorte (Thursday).

What do I do when I arrive?

You will be asked to complete a short survey on an iPad and a questionnaire, to make sure our workers can give you the support you need.

Contact us

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 [headspace.org.au/headspace-centres/mount-gambier](https://www.headspace.org.au/headspace-centres/mount-gambier)

 [headspace Mount Gambier](#)

 [headspacemountgambier](#)

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

SA COVID 19 Mental Health Support Line 1800 632 753



Everyone is welcome at headspace

8725 0443

Monday and Friday 11.30am – 5pm



headspace
Mount Gambier