

## FREE Services @ headspace

### Counsellors

Monday - Friday 8am - 4:30pm

Some reasons you might want to have a yarn with one of our counsellors may include:

- If you're feeling low or sad
- If you're feeling anxious or scared
- If you're feeling confused
- If you're having problems at home, school or work

### Health & Wellbeing Clinic

Wednesday 3pm - 6pm

**Don't be shame. Be smart about sex and come have a chat to our sexual health nurse.**

Some of the services that this clinic offers include:

- Sexual health checks and advice
- Safe sex advice and information
- Pap Smears
- STI information
- Pregnancy support and advice

### Doctors Clinic

Tuesday & Thursday 12:30pm - 4:30pm

For general health issues and advice, you can make an appointment to see one of our doctor's by dropping into **headspace** or calling us on 9193 6222.



Phone: 08 9193 6222

Fax: 08 9193 6122

Email: [headspace@kamsc.org.au](mailto:headspace@kamsc.org.au)

Web: [www.headspace.org.au/kimberley](http://www.headspace.org.au/kimberley)

Unit 3 / 2 Hamersley Street Broome

### Need help ASAP?

If you need to talk to someone straight away call one of the following;

**Emergency (Police / Ambulance): 000**

**Kids Help Line: 1800 551 800**

**Lifeline: 13 11 14**

**Crisis Care: 1800 199 008**



**Have you thought about talking to someone...?**

**headspace Kimberley is a really good place to start...**



## What is headspace?

**headspace** Kimberley is a youth friendly space that provides a variety of different health services to anyone aged 12 - 25 for **FREE!** We have Doctor's, Counsellors & Sexual Health Specialists all in one place.

## Why do young people go to headspace?

To receive help, advice and support for a wide range of issues. Reasons you might want to make an appointment include:

- If you're feeling down or stressed out
- If you just don't feel right
- If you're not feeling well



*'You don't have to be sick to come to **headspace**'*

## What you can expect from headspace?

- All services are **FREE!**
- **Confidentiality** - which means what you talk about is private.  
\*unless you tell us you are going to hurt yourself or someone else.
- Friendly non-judgemental staff
- A range of different workers and services to support you.



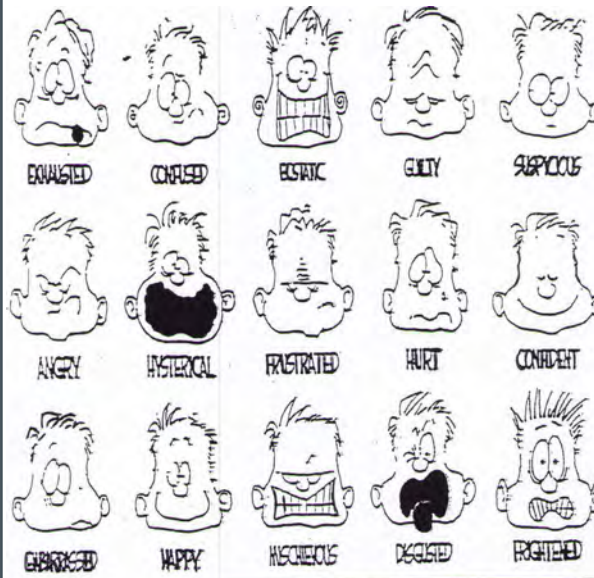
## Have your say... join our YAC!

Our Youth Advisory Committee invites young people to come together to talk about issues that affect their lives and also give us valuable feedback on how headspace operates. All members receive \$30 for attending meetings. For more information contact us on 9193-6222



*'headspace helps sort things out'*

## What's in your headspace?



If you need help making sense of what's in your **headspace**, come chat to the **headspace** crew.

## How to make an appointment

CALL US ON **9193 6222**

or drop in anytime between 8:00am - 4:30pm

Monday to Friday

You are welcome to bring a support person along to your appointment.



## Where is headspace Kimberley?

Unit 3/2 Hamersley St  
Broome, WA 6725

(Upstairs next to Galactica)

**headspace** headquarters

