



Other things that you might be wondering about headspace ACT

Do my family need to come with me?

headspace ACT is a family friendly service and we welcome others coming with you for support if that is helpful for you. We understand that sometimes this may be difficult for many reasons so your family don't have to attend **headspace ACT** with you. Family members sometimes sit in on part of the initial session with a **headspace ACT** worker but only with your permission. For subsequent sessions you will usually see the **headspace ACT** worker by yourself.

Do you tell other people information that I share with a headspace ACT worker?

At **headspace ACT** we take your privacy very seriously and anything you say to us is confidential. This means that anything said between yourself and your worker stays within the **headspace ACT** care team. If your information needs to be given to other people or organisations we will ask you for your permission to speak with others.

Do I have any rights or responsibilities at headspace ACT?

At **headspace ACT** we want to work together with you to ensure you receive support in a safe and secure environment. We aim to provide you with a place where you feel physically safe and where your ideas, feelings and emotions are treated with respect.

As part of **headspace ACT**, you have the right to:

- a high-quality, professional, non-judgemental service regardless of your income, race, gender, sexuality and religion;
- feel safe and supported;
- voice your thoughts, feelings and opinions and have them listened to;
- work together with your workers on common, identified goals and care plans;
- be included in making of decisions on issues that affect your life;
- provide feedback to **headspace ACT** about the service and your treatment; and
- ask to see the information we have kept on you.

As part of **headspace ACT**, it is your responsibility to:

- treat **headspace ACT** workers with respect and dignity and recognise that we are here to help you;
- attend your appointments with **headspace ACT** workers;
- make every effort to contact **headspace ACT** if you are unable to make your appointment; and
- actively participate in development and implementation of your care plan with your **headspace ACT workers**.