

**headspace** provides  
mental and health  
wellbeing support,  
information and services  
to young people and  
their families across  
Australia.



**headspace centres**  
**someone else to go to**

National Youth Mental Health Foundation

[headspace.org.au](http://headspace.org.au)

Established and funded by the Commonwealth Government of Australia in 2006, **headspace** is the National Youth Mental Health Foundation. The people that work at **headspace** are providing solutions for young people aged 12 – 25.

Our primary focus is the mental health and wellbeing of all young Australians. We know that getting help early is the key to resolving these problems quickly.

With 30 one-stop-shops, **headspace** has a range of youth-friendly health professionals who can help you with:

- General health
- Mental health and counselling
- Education, employment and other services
- Alcohol and other drugs services.

In addition **headspace** has developed a website which provides information, advice and other places to get help.

**headspace** is making a difference where it is needed most – our young people.

Visit [www.headspace.org.au](http://www.headspace.org.au) to find out if there is a **headspace** centre near you or to find information, advice and support.

**headspace** is funded by the Australian Government under the Promoting Better Mental Health – Youth Mental Health.



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