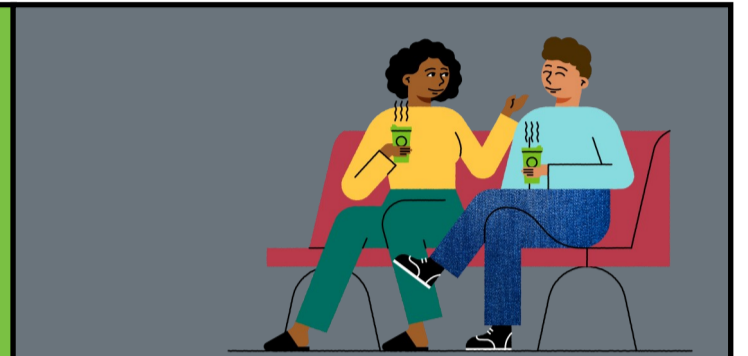


FREE services at headspace

Peer Support Workers

Support from people with lived experience of mental ill-health or caring for someone with mental ill health.

Peer support workers are there to keep in contact with you and be a friendly face at headspace.



headspace GPs (doctors)

We have GPs onsite (including female GPs) who can provide medical advice about mental health, your general and physical health, and sexual health.



Alcohol and Drug Support

If you or someone close to you have drug and/or alcohol concerns, we can connect you to someone to talk to with useful information, advice and support



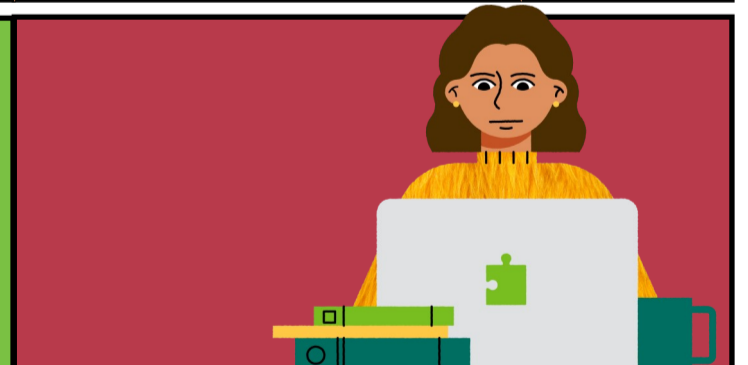
Dietician

If you or someone you care about is having concerns around their body and eating habits, you can be connected to a dietician who will help to support a healthy approach to eating



Work and study Support

Need help to build your resume, look for work, or explore study options? We have a vocational support team to help you reach your goals.



Activities and Groups

We run a variety of activities, groups and training throughout the year. Keep an eye on our Instagram @headspace_craigieburn to stay up to date, or ask your clinician for info about what's coming up



Call for more info: (03) 8338 0919