

free online services to support young people in your centre

By creating an account on the headspace website, young people and their families can access an integrated range of services to help them proactively manage their mental health. It complements headspace centres by providing additional support for young people who might be seeking information, between sessions or waiting for an appointment.

An integrated ecosystem of care

headspace's digital services enable a integrated stepped care approach by offering multiple ways that young people and their families can get the support they need.



young people access our digital offering in multiple ways

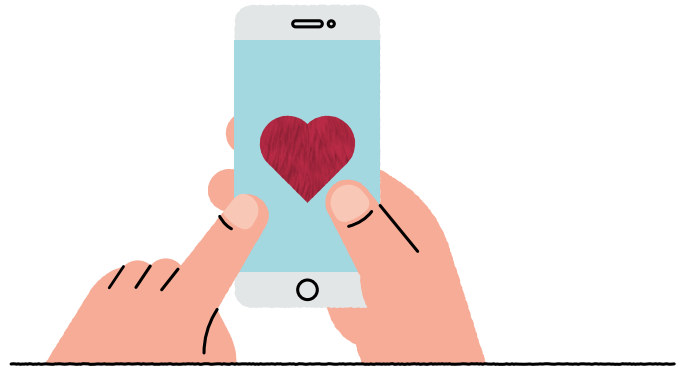




Develop self-help skills

There are interactive content embedded throughout the website that allows young people to proactively manage their mental health. These bite-sized activities help user's reflect on their own needs, build their practical skills and set behavioural goals.

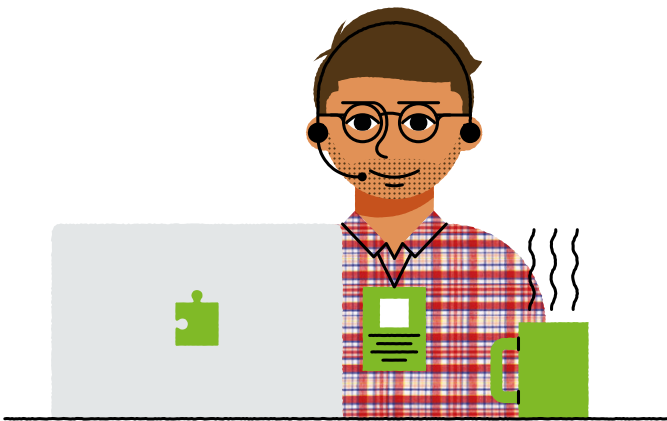
To check them out, visit headspace.org.au/tips



Online community for young people

Our safe, supportive and moderated online community provides a great way for young people to connect with others, and share resources that are helpful to them. There are weekly peer-moderated chats where young people can share tips and experiences with others. Encourage young people to explore this space at: headspace.org.au/ehespace/spaces

There are also group chats run by ehespace clinicians about specific topics that are important to the community. It provides young people with resources, strategies and advice to help build their mental health capacity. For a list of upcoming group chats visit headspace.org.au/ehespace/group-chat



Chat confidentially with youth mental health clinicians

Young people can chat confidentially and anonymously with ehespace's youth mental health clinicians over the phone or webchat, seven days a week between 9am – 1am (AEST). It's a safe space if they want advice, unsure of what help they need or want to talk things through.

Young people can access ehespace anywhere in Australia via webchat at headspace.org.au/ehespace or call 1800 650 890.



Personal support for Work and Study

Young people can get support with their work and study goals by accessing headspace Work and Study. The service is online via webchat, video chat, email or phone and it's free. Our work and study specialists can help young people with everything from writing resumes and job applications through to planning course options, practicing interviews and managing mental health with their work and study goals. Young people can register at digitalworkandstudy.org.au or call 1800 810 794.

Encourage young people at your centre to create a free headspace website account, by visiting headspace.org.au