



How much does it cost?

Our services are **free**.

Appointments with our health practitioners at **headspace** Southport are bulk billed through the Medicare system.

Need someone to talk to outside our opening hours?

Lifeline	13 11 14
eheadspace	1800 650 890
Kids Helpline	1800 55 1800

If you require urgent and immediate help please call **000** or the Gold Coast Mental Health Service on **1300 64 22 55** for crisis assistance

Want more information?

Opening Hours: Please check our website

Call us for a chat today on

Phone: 07 5509 5900

Fax: 07 5527 1251

headspace.org.au/headspace-centres/southport

Where can you find us?

Level 1, H20 Broadwater,
1/2 Nind Street, Southport

Lives Lived Well

We are the lead agency for **headspace** Southport. Lives Lived Well is a not-for-profit, non-government organisation that provides a range of professional and free addiction, mental health and wellbeing services across Queensland, including low cost alcohol and drug rehabilitation programs.



Lives Lived Well

headspace National Youth Mental Health Foundation is funded by the Australian Government Department of Health



headspace Southport
mental health & wellbeing
support for young people

We are here to help



What to expect at headspace Southport:

When you contact us, you will be able to speak to one of our team members who will ask about how headspace can help.

Our centre is designed by young people for young people.

Our service aims to be welcoming, culturally safe, friendly and supportive. Here you could:

- see our always happy therapy animals
- talk to a mental health clinician
- see a doctor
- talk to an employment specialist
- join our activities, and much more.



Can we help you?

Are you between 12 and 25 years and:

- feeling down, stressed or can't stop worrying?
- are worried you might have or think you do have a mental illness?
- haven't felt like yourself for a long time?
- can't deal with school or are finding it hard to concentrate?
- feel sick or are worried about your health?

- want to cut down on drinking or drug use?
- want to talk about gender, sexuality, identity or relationships?
- having difficulties with friendships and family concerns?
- have sexual health issues or want information about contraception?
- being bullied?
- worried about work or study?
- are stressed about finances?

At headspace Southport, we are here to listen and we will keep your information private and confidential



We can help.
Call us today on 07 5509 5900

Do I need a referral?

No, you don't need a referral. Just call us today on 07 5509 5900 and make an appointment.

For some of our services it is recommended that you obtain a Mental Health Care Plan from your GP. Unsure if you need a care plan? Give us a call and we can advise.

Can I make a referral?

Yes you can, for yourself or for a friend.

Anyone can make a referral for example, doctors, health and community workers, family members, schools, other service providers as well as friends and supports.

To make an appointment.
Call us today on 07 5509 5900