

## What should you expect from headspace Newcastle

- That your appointments are free
- That your information will be kept private (there are some exceptions)
- That you will be treated with respect – no matter what the issues is
- That you will be involved in decisions regarding your care
- That you see friendly and non-judgemental staff who are not only qualified and professional, but also like working with young people
- That if needed, your referral to other health and youth services is easy and you are supported in this

## How do I contact headspace Newcastle about support?

It's not always easy to make that first step. Here are some options:

- Phone: 49 29 4201
- Email: [intakeheadspacenewcastle@hunterprimarycare.com.au](mailto:intakeheadspacenewcastle@hunterprimarycare.com.au)

If you are not up to contacting us yourself, feel free to ask family, a friend, a teacher, a doctor or someone else close to you to contact us on your behalf.

You can email us at  
[headspacenewcastle@hunterprimarycare.com.au](mailto:headspacenewcastle@hunterprimarycare.com.au)



### Contact Details

582 Hunter St,  
Newcastle NSW 2300  
(see inside for map)

Phone: 49 294201

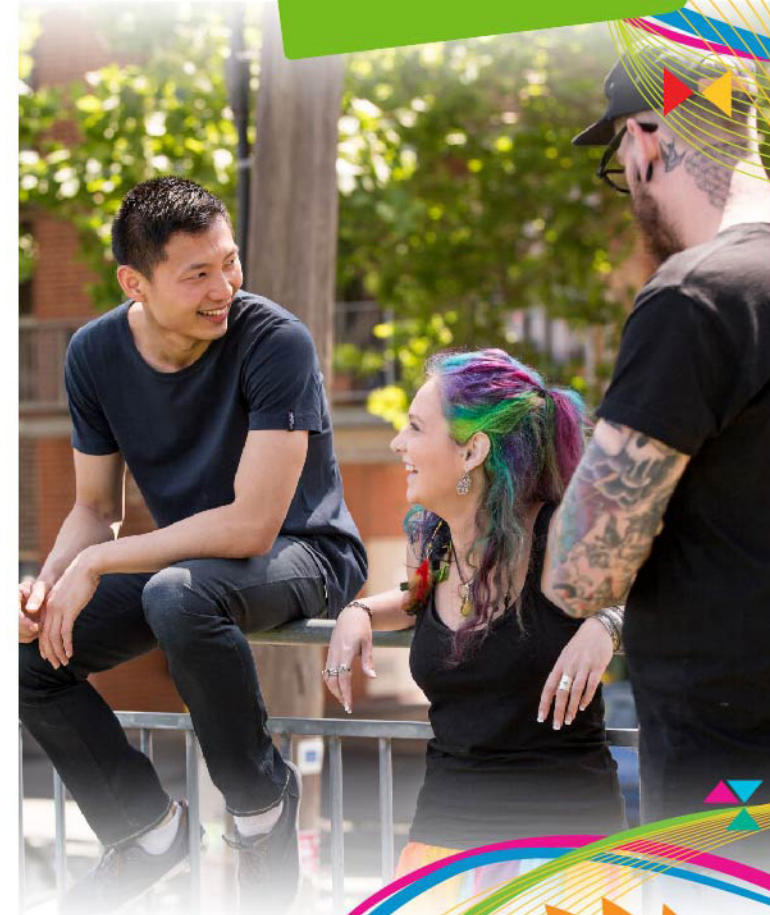
Email:  
[headspacenewcastle@hunterprimary-care.com.au](mailto:headspacenewcastle@hunterprimary-care.com.au)

Web:  
[www.headspace.org.au/newcastle](http://www.headspace.org.au/newcastle)  
[www.facebook.com/newcastleheadspace](https://www.facebook.com/newcastleheadspace)



**headspace** National Youth Mental Health Foundation Ltd is funded by the Australian Government Department of Health under the Youth Mental Health Initiative Program

We acknowledge that headspace is in a unique position in the Australian youth space and recognise that we can make a positive contribution to the lives of young people. As our small contribution to Indigenous reconciliation and reducing racism and other forms of discrimination - we acknowledge, the wise people of our Indigenous communities, past and present who are the foundations of this great country of ours. We acknowledge that we share this land with the traditional owners and custodians.



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



## Have you been having a tough time?

- Worrying most of the time?
- Not sleeping well or sleeping too much?
- Finding it hard to concentrate?
- School/uni/work not going well?
- Down most of the time?
- Wanting to cut down on drinking or drugs?
- Having a hard time with friends? Family? Being bullied?
- Feeling as though you are not coping or something is not quite right?
- Having hassles with relationships? Wanting to talk about sexuality?

## headspace Newcastle staff can help you with:

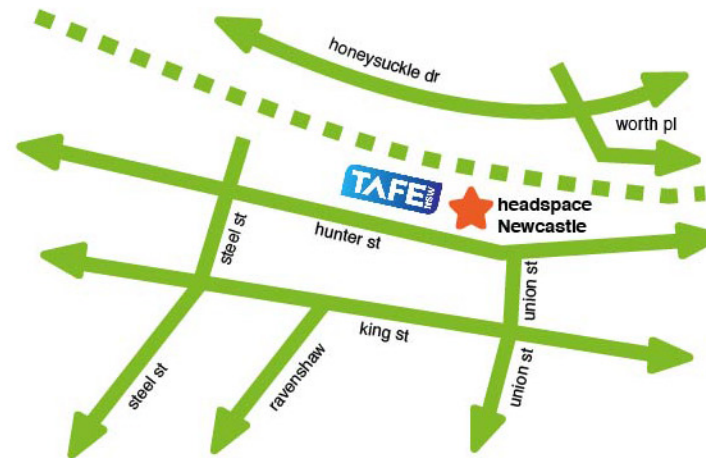
- Mental health issues
- General physical health - headspace has a doctor for all your health needs
- Sexual health
- Family and relationships
- Drug and alcohol issues
- Sexuality issues
- Work hassles

## Have you thought about talking to someone?

headspace Newcastle is a good place to start. One of our workers can talk with you about what's going on and help you work out what your goals are. They can give you some options about what kind of support you might need and link you in to a headspace worker who can help. They can also link you in with other services if this best meets your needs.

## Where is headspace Newcastle?

We are located at 582 Hunter St, Newcastle. (right next door to the TAFE). There is a bus stop out the front and the train shuttle bus to Civic is a short distance away. The nearest cross street is Union St.



## Finding it difficult to get to a headspace centre? Jump online!

eheadspace is a confidential, free and secure space where young people 12 – 25 or their family can chat, email or speak on the phone with a qualified youth mental health professional. [www.eheadspace.org.au](http://www.eheadspace.org.au)

There are also some great tips sheets about youth mental health issues on our website: [www.headspace.org.au/get-info/](http://www.headspace.org.au/get-info/)

## Emergency Numbers

**In case of emergency: 000**

**After hours services:**

**Kids Help Line: 1800 55 1800 (24hrs, 5 – 25yrs)**

**Lifeline: 13 11 14 (24hrs)**

**Parentline: 1300 130 052 (24hrs)**

**GP Access: 1300 130 147 (after hours health advice)**

## Youth Reference Group have a say about youth mental health

We are a youth organisation so we love involvement from young people. We are keen to hear your ideas on how we should operate and have young people participate in our community events aimed raising awareness about youth mental health issues.

If you'd like to be involved as well, join headspace Newcastle's Youth Reference Group (young people 12 – 25 yrs who meet regularly face to face and online). Please phone us or email [headspacenewcastle@hunterprimarycare.com.au](mailto:headspacenewcastle@hunterprimarycare.com.au)