



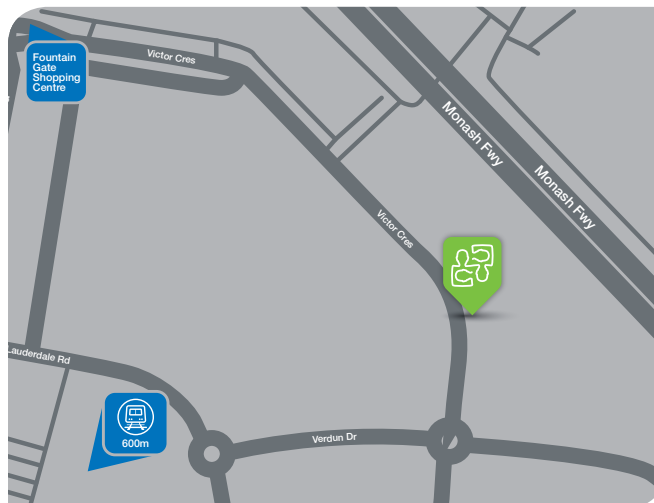
Get Involved

headspace Narre Warren runs regular group activities for young people aged 12-25.

A group is a great way to meet new people, have fun and learn new skills.

For more information on groups, activities and upcoming events, check out our website: headspace.org.au/narrewarren or give us a buzz on 1800 367 968

Interested in coming to headspace Narre Warren?



Or visit us at:

66 Victor Crescent, Narre Warren, 3805

Free car parking is available on Victor Crescent.

If you are coming via public transport, please visit www.ptv.vic.gov.au/journey to plan your trip.

 Wheelchair accessible.

Opening Hours

Mon 9:30am – 4:30pm
Tue – Fri 11:00am – 7:00pm
Sat 10:00am – 2:30pm

Contact headspace Narre Warren

Phone: 1800 367 968

Fax: (03) 8738 9888

Website: headspace.org.au/narrewarren

Not ready to speak to someone in person?

eheadspace provides FREE online and telephone support to young people 12-25, their family and their friends. Visit ehheadspace.org.au or phone 1800 650 890.

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

 **headspace**
Narre Warren



1800 FOR YOU
headspace.org.au/narrewarren



Are you or someone you know:

- Feeling stressed out or sad?
- Finding it hard to cope?
- Not sleeping well or sleeping too much?
- Finding it hard to concentrate?
- Wanting support for drinking or drug misuse?
- Being bullied, hurt or harassed?
- Are worried about work or study?

headspace Narre Warren is a place young people can go to talk to someone about any of these issues.

All services at headspace Narre Warren are FREE!

How to Access headspace Services

- Services can make phone referrals
- Friends and family can make referrals on behalf of a young person
- We also accept self-referrals in person or over the phone on 1800 FOR YOU (1800 367 968)

What to expect from headspace Narre Warren

headspace Narre Warren offers young people aged 12-25 FREE access to youth friendly counsellors, psychologists, GPs and other professionals who can provide information and support around what's going on for you.



Like us on
facebook.com/hsnarrewarren



Privacy and Confidentiality

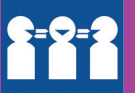
In Australia, laws protect young people's rights to have information they share with doctors (and other health services) kept private.

When you talk to the staff at **headspace** Narre Warren you can be confident what you talk about is not shared with people outside of the service without your permission.

headspace Narre Warren Connecting You

headspace Narre Warren helps you access services that are sometimes provided by other agencies outside of **headspace**. Please talk with anyone from our team to find out about how this relates to your private information.

Do you need an interpreter?



Please let us know if you require an interpreter and if you would like us to arrange this service for you.