



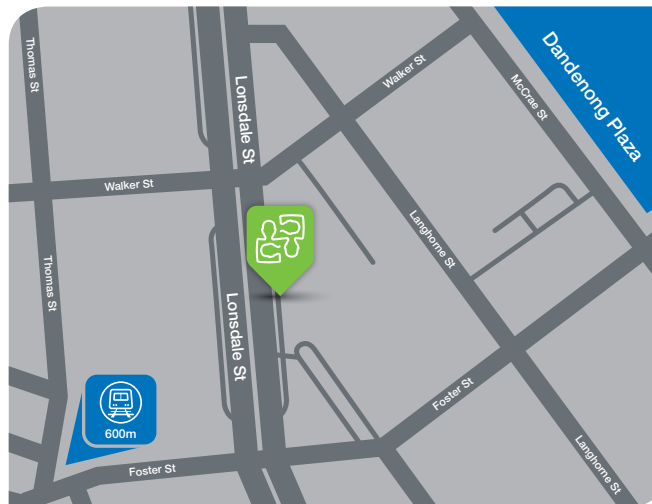
Get Involved

headspace Dandenong 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/dandenong or give us a buzz on 1800 367 968

Interested in coming to headspace Dandenong?



Or visit us at

196 Lonsdale Street, Dandenong, 3175

Free car parking is available nearby on Pultney Street. If you are coming via public transport, please visit www.ptv.vic.gov.au/journey to plan your trip.

 Wheelchair accessible.

Opening Hours

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

Contact headspace Dandenong

Phone: 1800 367 968

Fax: (03) 9793 4992

Website: headspace.org.au/dandenong

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 ehespace.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**
Dandenong



1800 FOR YOU
headspace.org.au/dandenong



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

All services at headspace Dandenong 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 Dandenong

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



Like us on
headspace Dandenong



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** Dandenong you can be confident what you talk about is not shared with people outside of the service without your permission.

headspace Dandenong Connecting You

headspace Dandenong 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.