



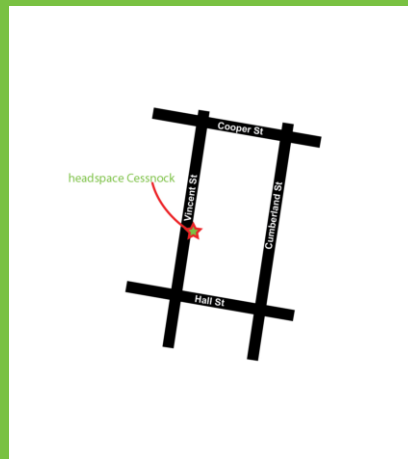
Young people and headspace Cessnock!

Do you have something to say about youth mental health in your community?

The Youth Reference Group (YRG) is made up of a number of passionate young people, volunteering their time to raise awareness of mental health and wellbeing issues. Hailing from all over the Hunter and from a diverse set of backgrounds, many of the YRG have experienced their own struggles but overcome them to become advocates of youth mental health.

The YRG makes sure that any new initiative from headspace Cessnock will make a positive difference in the lives of young people.

If you are aged between 12-25 years old and would like to get involved email headspacecessnock@samaritans.org.au



122-124 Vincent Street
Cessnock, NSW, 2325
P 02 4993 3450
headspace.org.au/cessnock



how can i find out more?

headspace.org.au provides info and resources to help you maintain your wellbeing. You can also find your closest headspace centre here – or get in touch with headspace to talk to someone.



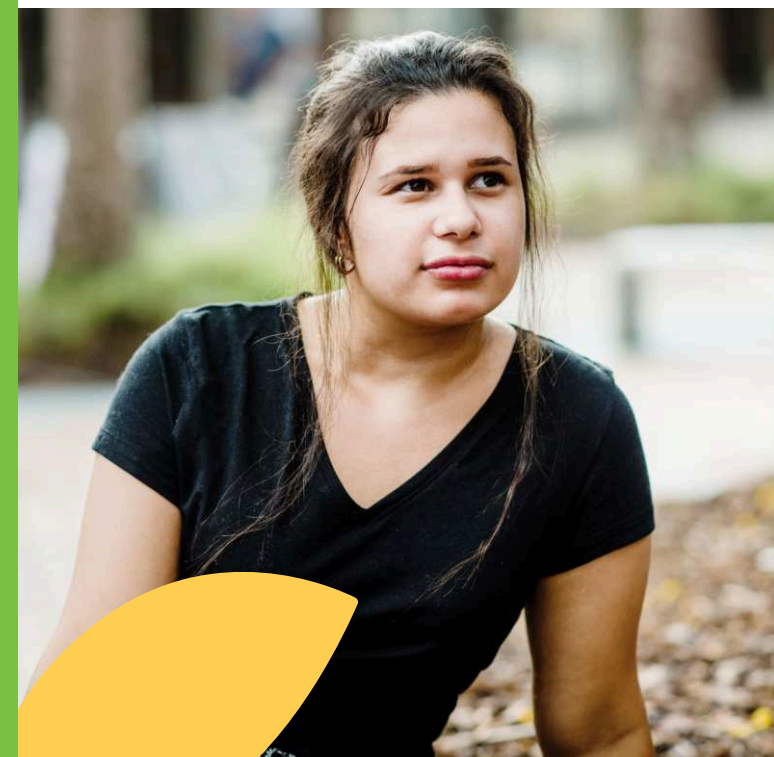
is it an emergency?

If you are in an emergency situation or need immediate assistance, contact mental health services or emergency services on 000. If you need to speak to someone urgently, call Kids HelpLine 1800 55 1800 or Lifeline 13 11 14.

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

let's talk headspace Cessnock

Find out more about headspace Cessnock and how we can help



headspace Cessnock is a good place to talk about your wellbeing

headspace Cessnock is somewhere for young people who need help with mental health, physical health (including sexual health), alcohol and other drugs or work and study support.



we can help with:

Mental health

We can help if you're:

- feeling down
- stressed or worried a lot of the time
- experiencing relationship problems or difficulties with your family or friends
- wanting to talk about sexuality or gender identity
- just not feeling yourself, or if you've noticed changes in your thoughts, feelings or behaviour.

Physical and sexual health

headspace centres often have youth-friendly doctors and nurses who can assist you with issues related to:

- any physical health issues
- contraception and sexual health
- drug or alcohol use.

Work, school and study

We can help if you're:

- struggling at school or work and feeling anxious or stressed
- unsure of what course you want to do
- needing a hand writing a resume
- searching for a job.

Alcohol and other drugs

Alcohol and other drugs can affect things that matter to you, like your mental health, wellbeing or friendships. If you're having a hard time cutting down, we can support you to get things back on track.

headspace Cessnock

At headspace Cessnock we provide a range of programs, services and support for young people aged 12 - 25 for things that might be affecting your health and wellbeing.

To find out about all the services, programs, group sessions and activities available – or to make an appointment – you can call, email or drop in.

You can also ask a friend or family member, health worker or other community service to make an appointment for you.



Find out more about our headspace centre online
headspace.org.au/cessnock

What should I expect at headspace Cessnock?

Your appointments will be free or low cost.

Your information will be kept confidential and not shared without your consent (there are some exceptions which will be explained to you).

You will be treated with respect regardless of your beliefs, sexuality, gender or cultural background.

You will be linked in with friendly, non-judgemental staff who are passionate about youth mental health and understand issues facing young people.

You will be made aware of other services and their referral pathways if needed and supported where possible.