North Headspace

Local Supports: All have current availability

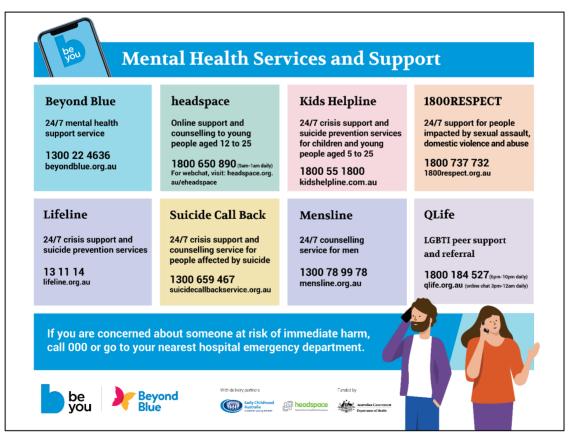
Also checkout Home | Ballarat Mental Health Support

Ballarat Community HEALTH	headspace	eheadspace
Mental Health and Wellbeing Hub	headspace Ballarat	headspace Digital Services offer:
Cooinda – 10 Learmonth Road, Wendouree PH: 5338 4500 We offer • Service Navigation • Individual support • Family/Carer support	28 Camp Street Ballarat (03)5304 4777 info@headspaceballarat.org.au headspace Ballarat has immediate walk in appointments available from 1- 4.30pm every day.	 One on one support for young people via phone or chat Calling is the fastest way to connect with a clinician Available 9am-1am AEST every day <u>1800 650 890</u> To access chat online go to click this link https://headspace.org.au/online-
 After Hours appointments Contact: Head to Health Intake – 0490 819 710 Service Navigator, Jenna Knowles – 0491 093 433 	We offer parent sessions and secondary consults to professionals. Services are provided to suit the needs of the young person - face-to-face, telehealth and phone consults can be arranged. eheadspace is available after hours We do not offer crisis	 and-phone-support/connect-with- us/talk-about-mental-health/ Available 9am-1am AEST every day We also offer group chats where: young people can chat to other young people parents and carers can chat with each other
Head to Health Call <u>1800 595 212</u>	management, all young people who require immediate care or Risk Assessments should be directed to attend A&E or call 000	https://headspace.org.au/online-and- phone-support/join-the-community/
All ages	12-25 years	12-25 years Parents and Carers



National Supports





Stand By – Support after Suicide Contact Kristy Steenhuis

Phone 1300 727 247 standby.wvic@wellways.org