

headspace Dandenong

Street Address

196 Lonsdale Street, Dandenong Vic 3175

Phone

1800 367 968

Website

headspace.org.au/dandenong

Client Min Age

12

Client Max Age

25

Eligibility Criteria

Our services are available to young people aged 12-25 and their carers.

Service Area

City of Greater Dandenong

Service Description

headspace Dandenong provides young people and their families with access to youth friendly counsellors, psychologists, GPs and other professionals who can provide information and support if a young person is: feeling stressed out or sad, finding it hard to cope, not sleeping well or sleeping too much, finding it hard to concentrate, needing support for drinking or drug misuse, being bullied, hurt or harassed or worried about work or study.

Participation Length

- Services: Under a Mental Health treatment Plan (MHTP), clients are entitled to a maximum of ten sessions per calendar year. In addition to MHTP, there are other headspace services which young people can access that are not session limited such as GP assessments and drug and alcohol counselling. Programs: Programs are provided on a termly basis.

Interpreters

Yes but requires booking in advance

Who Can Refer

- There are a number of ways young people can access our 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) For more information about our programs and activities or to get involved call 1800 FOR YOU (1800 367 968) and ask to speak with one of our Community Engagement team members or email requests@headspacenarre.com.au

Costs

- All services and programs are provided FREE of charge. Our service is wheelchair friendly.

Disability Access

3

Service Type

INDIVIDUAL

Service provider

headspace

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