



# we're still open

**We're still supporting the mental health and wellbeing of young people, however due to the evolving situation around COVID-19, we've had to make a few changes to our service.**

To ensure the safety of our community, young people and staff, we are:

### **Suspending face-to-face groups**

For now, we're suspending all of our face-to-face groups, however we're exploring other online opportunities.

### **Moving to Telehealth services**

Telehealth is when we connect via video conferencing or over the phone. This process will be free for young people, and is just as private and confidential as face-to-face appointments.

Young people already engaged with headspace will be contacted by us prior to their next appointment about the transition to Telehealth.

If a young person is not already engaged with us, we are still encouraging them to contact us to make an appointment if they feel they need support with their mental health and wellbeing.

### **If you're feeling stressed about COVID-19**

We have a range of resources on our website, scan or click the QR code on the right for more information.

In the event of an emergency, please contact 000 or present to your local emergency department. For more information about COVID-19, head to [health.org.au](https://www.health.org.au) or call 1343 2584.

If you need someone to talk to, you can contact:

eheadspace on 1800 650 890 or at [headspace.org.au/eheadspace](https://www.headspace.org.au/eheadspace)

Lifeline on 13 11 14

Kids Helpline on 1800 55 1800



**For the most up-to-date information, please follow our social media or check out our website.**

 (02) 8048 3350

 [headspace.Hurstville@aftercare.com.au](mailto:headspace.Hurstville@aftercare.com.au)

 [headspace.org.au/Hurstville](https://www.headspace.org.au/Hurstville)

 [facebook.com/headspacehurstville](https://www.facebook.com/headspacehurstville)

 [@headspace.hurstville](https://www.instagram.com/headspace.hurstville)

### **opening hours**

|           |                  |
|-----------|------------------|
| Monday    | 9:00am - 5:00pm  |
| Tuesday   | 9:00am - 5:00pm  |
| Wednesday | 10:00am - 6:00pm |
| Thursday  | 9:30am - 6:30pm  |
| Friday    | 9:00am - 5:00pm  |
| Saturday  | Closed           |
| Sunday    | Closed           |