

Have you been?

- Feeling depressed or anxious
- Not sleeping well or sleeping too much
- Finding it hard to concentrate
- Wanting to cut down your drinking or drug use
- Bullied, hurt or sexually harassed
- Feeling like you are not coping

Have you thought about talking to someone? Fremantle **headspace** is a good place to start!

Fremantle **headspace** is a one-stop-shop where you can come and talk to professionals who are specially trained to help young people, aged 12-25, deal with all the health problems you may have...even those really private ones.

Fremantle headspace staff can help you with things like

- Mental health issues
- General physical health
- Sexual health
- Family & Relationships
- Drug and alcohol issues
- Education & Training
- Sexuality issues
- Accommodation

What should you expect from the Fremantle headspace?

- To be seen as quickly as possible
- For your information to be kept confidential
- Respect – no matter what the issue is
- Friendly and non-judgmental staff
- Easy referral to other health and youth workers

How do you access Fremantle headspace?

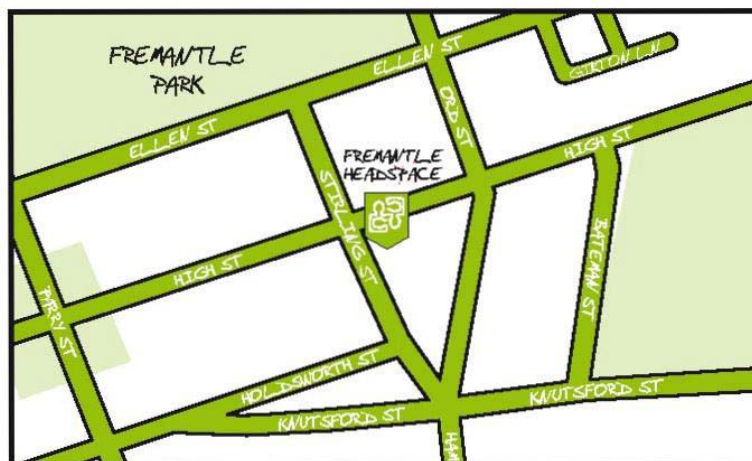
- You can make an appointment by phoning 9335 6333
- You can call for a confidential chat on 9335 6333
- Ask your health worker, teacher, family and friends to make a referral to Fremantle **headspace**

How do you get there?

Fremantle **headspace** is located at 235 High Street, Fremantle.

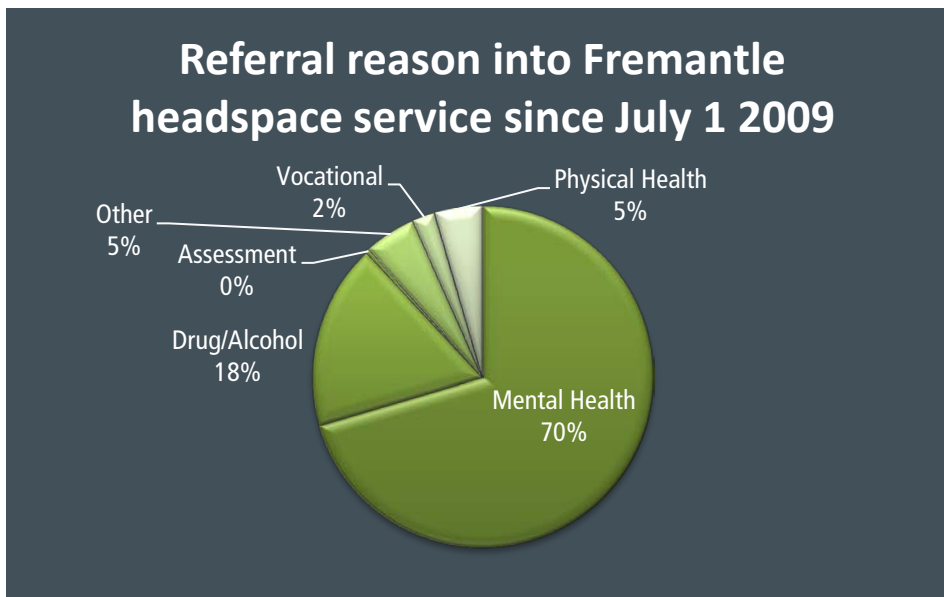
To ensure that Fremantle **headspace** is youth friendly and easily accessible, young people are involved and consulted in all aspects of the service design and delivery.

If you would like to know more about Fremantle **headspace** please contact 9335 6333 or email info@fremantleheadspace.com.au. Alternatively, more information on the **headspace** initiative can be found at: www.headspace.org.au.



Service Activity

Between June 2008 and March 2010 Fremantle **headspace** staff provided services to 740 clients, of these 287 presented between October 2009 and 30 March 2010. Of these clients, 38 or 5.24% identify as Aboriginal, Torres Strait Islander or both. In the month of March 2010, there were 606 occasions of service at Fremantle headspace. Currently, 33% of Fremantle **headspace** referrals are from outside our catchment area.



Fremantle **headspace** staff includes General Practitioners, Psychologists, Youth Engagement Officers, Social Workers, Family Counsellors & Community Awareness and Education Officers. Staff are able to conduct Family and Significant Other Workshops, Mental Health First Aid training, general education and awareness at schools and service visits to discuss how Fremantle headspace operates and the referral pathways available.



Did You Know

- Mental health issues are responsible for 55% of the overall burden of disease for young people between the ages of 15-24 (Mathis et al 1999).
- 14% of young people aged 12-17, and 27% of young people aged 18-24 experience a mental health problem in any 12 month period (Sawyer et al 2000, Andrews et al 1999).
- 75% of mental health problems occur before the age of 25.
- Only one out of every four young people with a mental health problem receives professional help (Andrew et al 2001).

headspace is Australia's National Youth Mental Health Foundation. The **headspace** mission is to; 'promote and facilitate improvements in the mental health, social wellbeing and economic participation of young Australian's aged 12-25.'