

## Headspace - Sunshine

### Street Address

VISY Cares Hub, 80B Harvester Rd, Sunshine

### Emergency Phone

Kids Helpline - 1800 55 1800 or Lifeline - 13 11 14

### Phone

03 9927 6222

### Fax

03 9312 1757

### Email

Through website

### Website

<https://www.headspace.org.au/headspace-centres/sunshine/>

### Service For

Youth, Mental health

### Client Min Age

12

### Client Max Age

25

### Service Area

Right across Victoria

### Hours

Monday: 9am - 5pm Tuesday: 9am - 8pm (after 5 by appointment only) Wednesday: 9am - 7pm (after 5 by appointment only) Thursday: 9am - 8pm (after 5 by appointment only) Friday: 9am - 5pm Saturday: 9am - 12pm (appointment only)

### Drop In Service

Yes

### Outreach

Yes

### Outpost

Follow this link to find other headspace centre locations across Australia:

<http://www.headspace.org.au/headspace-centres>

### Service Description

normal; font-family: 'VAG Rounded', Helvetica, Arial, sans-serif; font-size: 16px; font-style: normal; font-weight: normal; word-spacing: 0px; white-space: normal; box-sizing: border-box; orphans: 2; widows: 2; background-color: #ffffff; font-variant-ligatures: normal; font-variant-caps: normal; -webkit-text-stroke-width: 0px;">Here at&nbsp;

headspace

class="Apple-converted-space">&nbsp;Sunshine we offer young people access to a range of youth-friendly health professionals who can help you with:

#30353a; text-transform: none; line-height: 1.45em; text-indent: 0px; letter-spacing: normal; padding-left: 1em; font-family: 'VAG Rounded', Helvetica, Arial, sans-serif; font-size: 16px; font-style: normal; font-weight: normal; word-spacing: 0px; display: block; white-space: normal; box-sizing: border-box; orphans: 2; widows: 2; background-color: #ffffff; font-variant-ligatures: normal; font-variant-caps: normal; -webkit-text-stroke-width: 0px;"> mental health & counselling alcohol & other drug services

general health education and employment opportunities & other services.

text-transform: none; text-indent: 0px; letter-spacing: normal; font-family: 'VAG Rounded', Helvetica, Arial, sans-serif; font-size: 16px; font-style: normal; font-weight: normal; word-spacing: 0px; white-space: normal; box-sizing: border-box; orphans: 2; widows: 2; background-color: #ffffff; font-variant-ligatures: normal; font-variant-caps: normal; -webkit-text-stroke-width: 0px;">If you or someone you know is having a tough time why not try talking to someone about how you have been feeling? headspace is a great place to start!

class="Apple-converted-space">&nbsp;You can talk to an intake worker about making an appointment by calling 9927 6222.&nbsp;

/>You can ask your GP, teacher or community agency worker about making a referral to

class="Apple-converted-space">&nbsp;headspace

class="Apple-converted-space">&nbsp;Sunshine.

#30353a; text-transform: none; text-indent: 0px; letter-spacing: normal; font-family: 'VAG Rounded', Helvetica, Arial, sans-serif; font-size: 16px; font-style: normal; font-weight: normal; word-spacing: 0px; white-space: normal; box-sizing: border-box; orphans: 2; widows: 2; background-color: #ffffff; font-variant-ligatures: normal; font-variant-caps: normal; -webkit-text-stroke-width: 0px;

**Participation Length**

Ongoing

**Participation Type**

In person

**Interpreters**

Available on request

**Service End Date**

Ongoing

**Who Can Refer**

Anyone

**Mode Of Referral**

In person Via the phone

**Point Of Intake**

Office Administration

**Costs**

Some fees may apply.

**Disability Access**

Yes

**Public Transport Info**

Headspace Sunshine is located in the Visy Cares Hub Building. The easiest way to find us is to find the Sunshine library in Hampshire Rd then go around the back of it. We are in the carpark. For those who know the Sunshine Marketplace, we are behind the Village Cinemas and only a short walk from the Sunshine Train Station. (Melways ref 26, H12)

**E Referral Option**

N/A

**E Referral Intake Process**

N/A

**Service Type**

INDIVIDUAL

**Service provider**

Headspace

**Date Created**

2015-01-29 04:05:49

**Last Updated**

2017-03-27 03:26:41