

About headspace Osborne Park

headspace Osborne Park is funded by **headspace**, the National Youth Mental Health Foundation, to provide a quality service system which promotes and facilitates the improvement of young people in the key areas of primary health, mental health, drug and alcohol-related issues, social recovery and vocational services.

headspace Osborne Park is a free, youth-friendly and confidential service available to young people aged 12 – 25 years, in the metropolitan region north of Perth.

Lead by Perth North Metro Medicare Local, **headspace** Osborne Park, brings together a range of co-located community-based and government agencies, to provide a holistic service as a “one-stop-shop” for young people. We offer information, intake, assessment and referral.

The services available at **headspace** Osborne Park include:

- Youth Friendly General Practitioner/s
- Youth Counsellor and Carer Support Worker
- Alcohol & Drug Nurse
- MBS & ATAPS Psychologist services (Under GP Mental Health Treatment Plans)

headspace Osborne Park is **not an acute mental health/crisis service**. If you have any immediate concerns regarding the safety/wellbeing of a young person, please call: Mental Health Emergency Response Line (MHERL) on 1800 555 788; Lifeline on 13 11 14; or Kids Helpline on 1800 55 1800. In an emergency, contact 000 immediately.

How to refer

Self Referral

Young people are encouraged to make contact with the headspace Osborne Park service.

By phone/email: Call (08) 9208 9555 or email info@headspaceospk.com.au. A worker will contact the young person to make an appointment within 1 – 3 working days.

Please note: the email account is only checked during business hours so if urgent help is required, the necessary emergency services must be contacted (see above).

Drop in: Young people can call into **headspace** Osborne Park, Suite 2, 145 Main Street, Osborne Park between 9am and 5pm, Monday – Friday. Staff will endeavour to see the young person the same day or the next available appointment will be offered.

Professional Referral

GP's, Allied Health Professionals, community-based agencies and educational institutions can all refer young people to **headspace** Osborne Park using the Referral Form attached. General Practitioners should include a mental health care plan (if appropriate) for the young person and attach this to the **headspace** Osborne Park referral form.

Family Referral

Families, carers or friends can refer a young person to **headspace** Osborne Park. The young person needs to be aware of and consent to the referral and be willing to meet with a member from the **headspace** Osborne Park team. Once receipt of referral has been confirmed, a worker will contact the young person within one to three working days to make an appointment. Families, parents or carers have a young person engaged with **headspace** Osborne Park can also access our centre to discuss service provision.