



headspace we've got your back

**headspace Gosford: (02) 4304 7870
free service for ages 12 to 25
headspace.org.au/gosford**



Life can throw lots of challenges

Our services include

Intake/Assessment and Support, Counselling, Physical Health Support (Doctors/Nurses), Employment and Education Support, Drug and Alcohol Counselling, Diet and Exercise Supports.

Make an appointment

Ring our friendly staff on (02) 4304 7870, or ask someone you trust to call for you. If you are 14 years or under, we require permission from your parent or carer.

For information about maintaining your own wellbeing, to find your nearest headspace centre, or to get in touch with headspace go to [headspace.org.au](https://www.headspace.org.au).



If you are in an emergency situation or need immediate assistance, contact mental health services or emergency services on 000.

If you need to speak to someone urgently, call Lifeline 13 11 14 or Suicide Call Back Service 1300 659 467.

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