

Making an appointment

Phone (02) 9114 4100 during opening hours, or email headspace.camperdown@sydney.edu.au and we can have one of our friendly staff call you.

If you prefer or you give them consent, you can ask a friend, family member or support person to phone us and make an appointment on your behalf.

If you have any specific accessibility needs please let us know prior to your first appointment at **headspace** Camperdown so we can be aware of how to best assist.

If you have provided us with a mobile number, we will send you an automated SMS appointment reminder 2 days prior to your appointment.


Your first appointment

You will meet with a Youth Access Clinician for about 50 minutes. If you are under 18 years of age, we encourage you to bring along a parent, care giver or support person for your first appointment.

We recommend you arrive at least 10 minutes prior to your scheduled appointment time to complete some required forms and fill in a survey on an iPad.

Please check in with our friendly staff at reception upon arrival.


Can't keep your appointment?

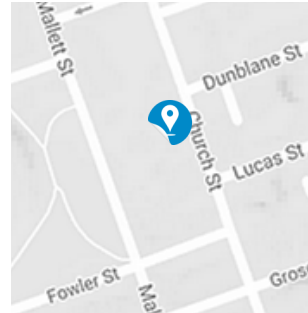
 We understand that life can be unpredictable and things may come up that haven't been planned which means you need to cancel or change your appointment.

If you are unable to attend, we request that you provide us with 2 business days notice so can offer this appointment time to another young person who is waiting for an appointment.

Location

headspace Camperdown is located in the Brain and Mind Centre at the University of Sydney.

 Level 2, 97 Church St
Camperdown NSW 2050



Getting here

Public transport: We recommend getting here via public transport as street parking is limited.

By bus: There is a convenient stop on Parramatta Rd near the corner of Mallett Street.


By train: Newtown is the closest train station. It is about a 15–20-minute walk.

Plan your trip here transportnsw.info/trip/

Parking: Limited 2hr street parking is available on Church Street and in the surrounding streets.

Access

Enter at 97 Church Street and then take the lift or stairs up to level 2.

-  – Wheelchair accessible entrance
- Lift
- Accessible/unisex toilets
- Braille sign



Contact us

PH: (02) 9114 4100

Fax: (02) 9351 0946

E: headspace.camperdown@sydney.edu.au

www.facebook.com/headspacecamperdown

headspace National Youth Mental Health Foundation is funded by the Australian Government Department of Health



Opening hours

Monday: 8:30am–5:30pm

Tuesday: 8:30am–5:30pm

Wednesday: 8:30am–5:30pm

Thursday: 8:30am–5:30pm

Friday: 8:30am–5:30pm

Saturday: Closed

Sunday: Closed



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headspace.org.au/camperdown

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Who are we?

The team at **headspace** Camperdown includes Youth Access Clinicians (YAC's), General Practitioner (GP's), Psychologists, Psychiatrists, Social Workers, Occupational Therapists, Mental Health Nurses, a Community Engagement Officer, a Clinical Services Manager, a Practice Manager and Administration staff.

headspace Camperdown is operated by Brain and Mind Centre, The University of Sydney. All **headspace** centres are funded by the Australian Government Department of Health and administration of funding is carried out by each **headspace** centre's local Primary Health Network. In this case, Central and Eastern Sydney (EIS Health Ltd).

headspace Camperdown offers support and services for young people (12–25) who have general health, mental health, alcohol and other drug worries.

What we do

headspace Camperdown aims to provide services across four core streams, at a minimum:

- Physical health
- Mental health
- Alcohol and other drug services
- Vocational and educational support

What to expect

- Youth-friendly service
- Youth participation
- Family and friends inclusive
- Early intervention and appropriate care

No cost barriers

- Services are provided at no cost or low cost to young people
- All young people accessing **headspace** Camperdown receive a FREE initial assessment with a Youth Access Clinician
- GP services are bulk billed if you have a Medicare card.
- **headspace** Camperdown ensures that where fees apply, young people are not deterred due to cost

Referral

- You don't need a referral for your first appointment
- Some services at **headspace** Camperdown require a referral (e.g. psychology, psychiatry). If you don't have a regular GP, your Youth Access Clinician can assist with organising an appointment for you with our GP to obtain any referral/s needed.



Please note: **headspace** provides time-limited services for mild to moderate difficulties and is not an emergency service. **If you need immediate support or medical assistance contact:**

- Emergency Services 000
- Lifeline 13 11 14
- Kids helpline 1800 55 1800



headspace can help if you:

- Are feeling down, stressed, or can't stop worrying
- Don't feel like yourself anymore
- Can't deal with school/uni/work or are finding it difficult to concentrate
- Are feeling sick or worried about your health
- Have questions about, or want to cut down on alcohol or other drug use
- Want to talk about sexuality, gender identity or relationships
- Are having difficulties with your family or friends
- Have sexual health issues or want information about contraception
- Are being bullied, hurt or harassed
- Are worried about work or study or if you're having money trouble
- Need someone to talk to.

Confidentiality

When you talk to a **headspace** worker what you say is kept confidential. This means nothing you say can be passed on to anyone else without your permission. However, there are a couple of exceptions.

If **headspace** is seriously worried about your safety or the safety of someone else we must - by law - try to keep everyone safe. This means a **headspace** worker might have to share their concerns with someone else.