

Feedback

If you have any suggestions about how we can improve our service, we'd love to hear them.

You can provide feedback about any Sonder or headspace services and other organisational areas.

We respond to feedback directly to resolve issues in a timely manner and will keep you up to date on any actions we are taking as a result of your feedback.

Feedback can be provided in a number of ways:

- via our online form, available at sonder.net.au/feedback
- in person at any of our centres or during a home, school or workplace visit
- by phone on (08) 8186 8600
- by email to info@headspaceonkaparinga.org.au
- in writing to Feedback, Sonder, PO Box 421 Elizabeth SA 5112

Did you enjoy your experience with us?

Let us know by leaving a review on Google!



Scan the QR code or go to: bit.ly/2Qsf7Xs



headspace Onkaparinga is operated by Sonder. headspace centres across the Adelaide metropolitan region are supported by funding from the Adelaide PHN through the Australian Government's PHN program. headspace National Youth Mental Health Foundation is funded by the Australian Government Department of Health.

Contact us

Kaurna Country
3/50 Esplanade, Christies Beach SA 5165

Phone (08) 8186 8600
Fax (08) 8186 8699
Facebook [headspaceonkaparinga](https://www.facebook.com/headspaceonkaparinga)
Instagram [@headspaceonkaparinga](https://www.instagram.com/headspaceonkaparinga)
Email info@headspaceonkaparinga.org.au
Website headspace.org.au/onkaparinga

hours

Our opening hours are generally 9 am - 5 pm, Monday - Friday. We offer extended hours on particular days, for further details, visit our website headspace.org.au/onkaparinga



If you need to speak to someone urgently, please call:

Lifeline 13 11 14

Kids Helpline 1800 55 1800

Mental Health Triage 13 14 65



headspace Onkaparinga acknowledges Aboriginal and Torres Strait Islander peoples as the First Peoples of Australia.

We pay respect to them, their cultural and spiritual heritage, and to Elders past, present, and emerging.

We acknowledge the ongoing impact of intergenerational trauma that has occurred since colonisation and commit to truth telling as we walk alongside them towards reconciliation.

headspace Onkaparinga welcomes people from all cultures, faiths, backgrounds, experiences, and celebrates all identities, genders, sexes, orientations and abilities.

We embrace diverse voices in our decision making to ensure we deliver inclusive services.

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at headspace Onkaparinga, we've got your back

Youth mental health service, helping you understand and work through some of life's challenges.



headspace is committed to providing the best possible service to young people, their family and friends.

Are you under 25 and going through a tough time? headspace Onkaparinga can help.

We can provide you with advice, support and assistance if you:

- Feel down, stressed or can't stop worrying;
- Haven't felt like yourself for a long time;
- Can't deal with school or are finding it hard to concentrate;
- Feel sick or are worried about your health;
- Want to cut down on drinking or drug use;
- Want to talk about sexuality, identity or relationships;
- Are having difficulties with friendships;
- Have sexual health issues;
- Are being bullied, hurt or harassed;
- Are worried about work or study;
- Are having money trouble.

What to expect at headspace Onkaparinga

When you first come to headspace Onkaparinga, you will be greeted by one of our friendly receptionists. You will then be asked to use an iPad to give us some details about your overall wellbeing so we can offer you the best support possible.

After this, you will see one of our workers, who will work alongside you in developing a plan that suits your needs.

Our centre is designed for young people and we aim to provide a service that is welcoming, friendly and supportive.

Cost and confidentiality

The services we provide are always free.

At headspace Onkaparinga, we are here to listen and will keep your information private and confidential.



Making an appointment

There are a number of ways you can make an appointment with headspace Onkaparinga.

Please contact us using information on the back of this brochure.

Making a referral

Young people can self-refer to our centre or be referred by GPs, schools, health and community workers.

You can do this by calling us on (08) 8186 8600 or by filling in a paper referral form and emailing or faxing it to us.

You can also use our online referral form forms.sonder.net.au/Onk-entry

Families, Carers or friends can refer on behalf of the young person involved. Referrals must take place with the consent of the young person.

Once we receive a referral, we will be in touch as soon as possible.