

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) 8209 0750
- by email to info@sonder.net.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 Google review!



Scan the QR code or visit: 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

Karna 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

opening hours

Our opening hours are generally 9 am - 5 pm, Monday to Friday. We offer extended hours on some days. For more information, visit our website.

headspace.org.au/onkaparinga

Need mental health support now?

Call these services anytime:

Kids Helpline 1800 55 1800

Lifeline 13 11 14

Mental Health Triage Service 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.



Onkaparinga

free support to find work and get into study



kickstart your work or study journey with headspace

Looking for help with finding a job, exploring career options, or deciding what to study next? No matter where you're at, headspace Work & Study is here to help you move forward.

Our Work & Study Specialists offer one-on-one support tailored to your goals.

You can choose how much support you'd like, and meet with your specialist at our centre or a location that suits you.

who can join?

Anyone aged 12 – 25 who accesses services at headspace Onkaparinga.

cost and confidentiality

There's absolutely no cost.

Everything is private and totally confidential.



we can help:

- Explore jobs or study pathways you would like to do.
- Give practical advice to write resumes or educational applications.
- Prepare for interviews, and for stepping into new environments.
- Plan a study or work schedule around other commitments.
- Problem solve any issues with employers or teachers.
- Manage Centrelink and job service provider requirements.
- Connect with more support at headspace and beyond to reach your goals.

We'll continue to support you even after you have started work or study, or both!

how to get started

To express your interest, chat to any headspace team member or contact us, and we'll connect you to a Work & Study Specialist.

Can I still join if I'm already linked with a job provider?

Yes, we're separate from Workforce Australia and Inclusive Employment Australia so you can choose to work with us at the same time.

If you have to meet requirements for Centrelink or a job service provider to maintain some Centrelink income support payments, our team can support with this.

