

headspace Adelaide

Service location & contact details



Address

Kaurna Country
173 Wakefield Street
Adelaide SA 5000

Phone: 1800 063 267
Fax: 1800 632 193
Email: info@headspaceadelaide.org.au

Parking

Free timed parking available on most side streets around the centre.

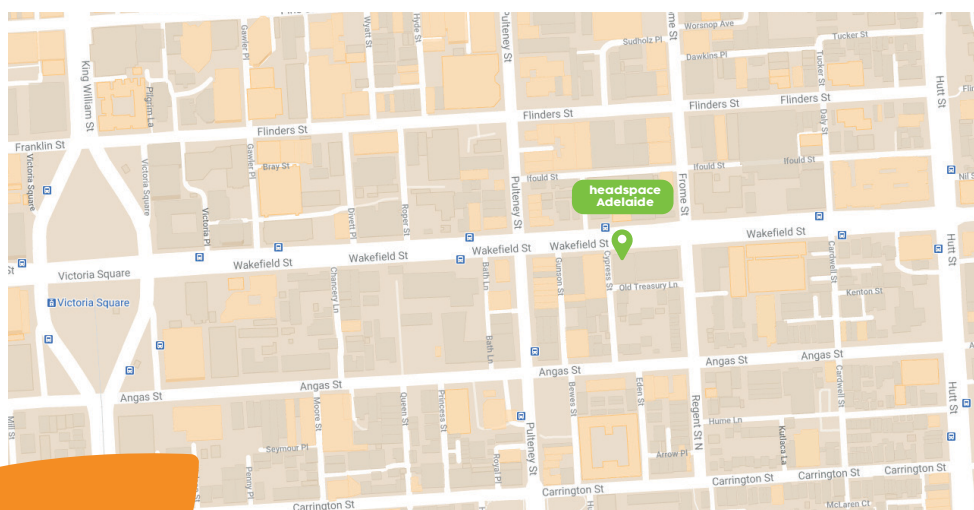
Paid parking options are available on Wakefield Street and Angus Street, along with various nearby parking lots. An interactive parking map is available from cityofadelaide.com.au

Accessibility

The headspace Adelaide centre has been designed and developed by young people to ensure it is a welcoming space - you can listen to music, charge your phone, grab yourself a hot/cold drink or a snack, read a book from our book swap and chill out before your appointment.

Enter the centre off of Wakefield Street via automatic doors. Our toilets are accessible and gender neutral.

Counselling rooms are laid out over two levels, accessible via a lift. Our sensory room 'sensespace' is available on request.



headspace Adelaide is operated by Sonder.
headspace National Youth Mental Health Foundation is funded
by the Australian Government Department of Health

headspace Adelaide

Reaching us via public transport



Bus

Stop S1 is located directly outside the centre entrance. The most convenient bus routes are: 170, 172, 173, 174, 178 and 637. There is also a free bus connector loop through the city, headspace Adelaide is centrally located between stops located on Hutt Street, Halifax Street and Grote Street (all within 7-10 minute walk).



Train

The nearest train station is the Adelaide Railway Station (approximately a 20 minute walk from the centre).



Tram

The nearest tram stop is located at Tarntanyangga (Victoria Square), approximately a 10 minute walk to the centre.

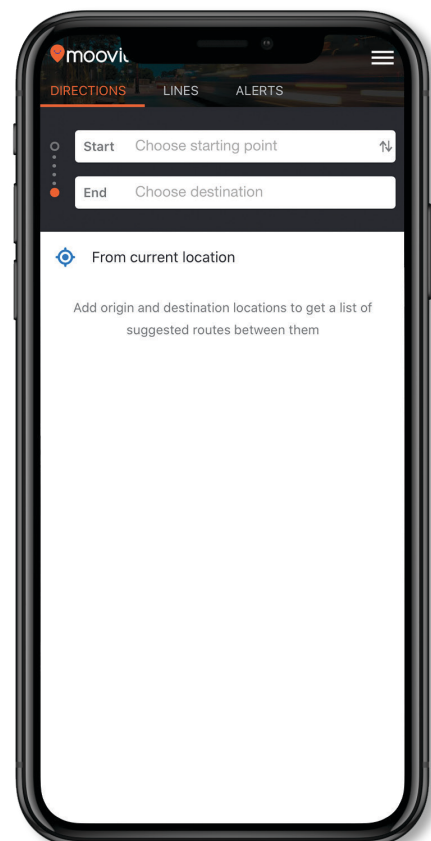


Scooter and bike

Various hire apps are available within the city for low cost scooter or bike hire. These can be parked at the front of the centre during appointments.

If you are planning to travel by bus, use the Moovit website or mobile phone app to find the best route

1. Go to www.moovitapp.com
2. Type in your address under 'Start' and our address under 'End'
3. Select the dropdown menu under 'Depart now' and set your desired arrival time. For transit type options select 'Filters'.



eheadspace can help



headspace online and telephone service supports young people and their families going through a tough time.

What is eheadspace?

eheadspace is a confidential, free and secure space where young people 12 - 25 or their family can chat, email or speak on the phone with a qualified youth mental health professional.

What does eheadspace do?

Young people may contact us if they need advice, are worried about their mental health or are feeling isolated or alone.

eheadspace can help with a broad range of issues like bullying, drug and alcohol issues, depression and anxiety, relationships, concerns about friends, fitting in and isolation.

We also have experts who can provide work and study advice to young people and specialist support to parents and carers who are worried about a young person 12 - 25. eheadspace is part of headspace, the National Youth Mental Health Foundation.

How much does eheadspace cost?

eheadspace is free but if you call from a mobile phone, normal call charges apply.

Let us know if you are calling from a mobile and we can call you back.

Is contact with eheadspace secure and confidential?

We aim to make every effort to ensure all contact with the eheadspace service is secure and confidential.

When you talk to someone at eheadspace, nothing said or written will be passed on to anyone else without your permission.

However, there are a few exceptions. For example, if we are concerned about your safety or the safety of someone else. In these instances, the eheadspace worker will try to talk to you first about what needs to happen and what additional supports you may need to help you be safe.

If necessary, we may need to pass on your contact information to authorities and/or other services to ensure you are protected and properly cared for. We will inform you about this where possible.

How do I contact eheadspace?

There are three ways to contact eheadspace:

- chat at eheadspace.org.au, seven days a week from 9am to 1am AEDST (Australian Eastern Standard Time)
- call us on 1800 650 890, seven days a week from 9am to 1am AEDST
- email us anytime and receive a response from an eheadspace worker within 24 to 48 hours

You can email eheadspace with your details and times you are available for webchat appointment or for an eheadspace worker to call you back between 9am and 1am AEST.

We'll confirm the appointment by email.

FOR EMERGENCY SITUATIONS, CONTACT AN EMERGENCY SERVICE!

If you or another person is in a life-threatening situation or require immediate help, contact the police or ambulance service on 000.

To speak to someone urgently about a mental health crisis, call Kids Helpline on 1800 55 1800 or Lifeline on 13 11 14.