



headspace Cairns Hours of Operation

Monday 8.30am - 5.00pm

Tuesday 8.30am - 5.00pm

Wednesday 8.30am - 5.00pm

Thursday 8.30am - 7.30pm

Friday 8.30am - 5.00pm

We are on the corner of Grafton Street and Spence Street on the 2nd floor via the stairs (Spence Street) or the wheelchair accessible lift (Grafton Street). There is free 3 hour middle parking and paid 3 hour parking on both streets and the nearest bus stop is Grafton Street (50 metres).

We also offer an exciting range of social groups every week, including SafeSpaces (our inclusive social group), Walking groups, Gaming Groups, DogSpace (where a local therapy dog visits the centre), and Dungeons & Dragons! For more information please contact the centre using one of the contact methods provided on the green page.



Level 2, 42 Grafton Street
Cairns, QLD, 4870
P 07 4041 3780 • F 4041 6340
headspace.org.au/cairns
E info@headspacecairns.org.au



how can i find out more?

headspace.org.au provides info and resources to help you maintain your wellbeing. You can also find your closest headspace centre here – or get in touch with headspace to talk to someone.



is it an emergency?

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 Kids HelpLine **1800 55 1800** or Lifeline **13 11 14**.

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

let's talk headspace Cairns

Find out more about headspace Cairns and how we can help



headspace Cairns

is a good place to talk about your wellbeing

headspace Cairns is somewhere for young people who need help with mental health, physical health (including sexual health), alcohol and other drugs or work and study support.



we can help with:

Mental health

We can help if you're:

- feeling down
- stressed or worried a lot of the time
- experiencing relationship problems or difficulties with your family or friends
- wanting to talk about sexuality or gender identity
- just not feeling yourself, or if you've noticed changes in your thoughts, feelings or behaviour.

Physical and sexual health

headspace centres often have youth-friendly doctors and nurses who can assist you with issues related to:

- any physical health issues
- contraception and sexual health
- drug or alcohol use.

Work, school and study

We can help if you're:

- struggling at school or work and feeling anxious or stressed
- unsure of what course you want to do
- needing a hand writing a resume
- searching for a job.

Alcohol and other drugs

Alcohol and other drugs can affect things that matter to you, like your mental health, wellbeing or friendships. If you're having a hard time cutting down, we can support you to get things back on track.

headspace Cairns

At headspace Cairns we provide a range of programs, services and support for young people aged 12 - 25 for things that might be affecting your health and wellbeing.

To find out about all the services, programs, group sessions and activities available – or to make an appointment – you can call, email or drop in.

You can also ask a friend or family member, health worker or other community service to make an appointment for you.



Find out more about our headspace centre online
headspace.org.au/cairns

Our commitment

headspace Cairns would like to acknowledge Aboriginal and Torres Strait Islander peoples as Australia's First People and Traditional Custodians. We value their cultures, identities, and continuing connection to country, waters, kin and community. We pay our respects to Elders past and present and are committed to making a positive contribution to the wellbeing of Aboriginal and Torres Strait Islander young people, by providing services that are welcoming, safe, culturally appropriate and inclusive.

headspace is committed to embracing diversity and eliminating all forms of discrimination in the provision of health services. headspace welcomes all people irrespective of ethnicity, lifestyle choice, faith, sexual orientation and gender identity.