

From: Beattie, Margaret <Margaret.Beattie@act.gov.au> **On Behalf Of** ATSIEB
Sent: 25 March 2020 15:24
Subject: FW: headspace Canberra - COVID 19 Update

UNCLASSIFIED

Good afternoon,

Thank you all for your understanding during this difficult time. We aim to be able to continue to provide a service to young people in the region by keeping our staff and clients safe. We are working hard to maintain capacity and further appointment availability to young people who need support during this time.

It is a steep learning curve for us all. Wishing you all the best during this difficult and rapidly changing environment. Please feel free to contact me Pip on 51099700 if you have any concerns or would like to know more about our services.

headspace Canberra – COVID 19 Update:

Due to the Novel Coronavirus (COVID-19) headspace Canberra is transitioning to phone services.

During this time our office will be operating through virtual services, meaning we will still be offering young people and their families support via phone services.

To access our services between business hours please phone 51099700 or email hs.canberra@marathonhealth.com.au

APPOINTMENTS: Remain the same but will be via phone services. We will be in contact with all young people with existing appointments booked.

GROUPS: all headspace Canberra groups have been suspended from meeting face to face. We will be working on how we can offer our groups and programs remotely and will be communicating with young people on our reminder lists as to how we will be doing that.

Social Media: Check out [headspace Canberra](#) on Facebook and Instagram and stay connected. We will be posting more often on our facebook and Instagram. Also, check out the headspace National pages (headspace) as they have great content.

If YP are in Crisis:

Please note that headspace Canberra is NOT a crisis service. If you are in need of emergency services, please contact:

Lifeline 13 11 14 www.lifeline.org.au

Kids Helpline 1800 55 1800

Mental Health Hotline 1800 011 511

Emergency Services, dial 000 or present to the Emergency Department.

Kinds Regards

Tracy Boomer

Youth Care and Community
Engagement

T 02 5109 9700

headspace.org.au

headspace 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.

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