

Health and Welfare Services

Headspace

Refer to fact sheet/tips. **Campbelltown office:** Level 8, 171-179 Queen Street, Campbelltown, ph: (02) 4627 9089

Trading Hours:

Monday 9am–5pm

Tuesday 8am–5pm

Wednesday 8am–5pm

Thursday 8am–5pm

Friday 9am–5pm

Saturday Open 24 hours

Sunday Closed

Hours are subject to change.

Currently, Headspace are only taking referrals via ambulance and police call outs and referrals from Campbelltown Hospital.

Head to health

Head to Health list 479 digital mental health resources from Australian organisations, including: Beyond Blue, 1800 Respect., Headspace, etc. These Include:

- Evidence based apps and online programs that can help you build your personal skills and track progress
- Dedicated online forums and other peer support services where you can talk to people with similar experiences
- Phone, chat and email services, if you're looking for confidential, professional support
- Mental health websites created by trusted organisations that give you detailed information and advice on specific mental health topics

Head to Health also has a dedicated COVID-19 page on their website with tips to manage through this uncertain time.

One door mental health

Campbelltown office: Shop 3/208 Queen St, Campbelltown NSW 2560, ph: (02) 4625 1639

Trading hours:

Monday 9am–5pm

Friday 9am–5pm

Tuesday 9am–5pm

Saturday Closed

Wednesday 9am–5pm

Sunday Closed

Thursday 9am–5pm

Hours subject to change

Traxside youth mental health service

Traxside Youth Health Service is a free and confidential service for young people aged 12 - 24 years of age who live in the Macarthur area, extending from Glenfield down to Bargo and Appin across to Warragamba.

Traxside is part of the South Western Sydney Local Health District and can provide services at locations other than our Campbelltown premises by arrangement. We also provide outreach appointments at other community health centres in Macarthur.

Young people can be referred by calling the above number or drop in during our opening times listed above and talk to the worker on duty. The services offered include:

- Counselling
- Clinics - doctor and nurse available
- Community events
- Free safe sex supplies
- Group programs
- Health education
- Needle & Syringe Exchange program

Campbelltown office: 4 Langdon Ave, Campbelltown NSW 2560, ph: (02) 4625 2525

Trading hours:

Monday	9am–4:30pm
Tuesday	9am–4:30pm
Wednesday	9am–4:30pm
Thursday	9am–4:30pm
Friday	9am–4:30pm
Saturday	Closed
Sunday	Closed

Hours subject to change.