



Youth health services information

Useful websites

www.reachout.com

www.youthbeyondblue.com

www.thebutterflyfoundation.org.au

www.headspace.org.au

www.eheadspace.org.au

www.somazone.com.au

Services

The Link Youth Health Service

Address: 57 Liverpool Street, Hobart

Phone: 6231 2927

Email: healthhelp@thelink.org.au

Web address: www.thelink.org.au

What age do I have to be to access this service?

The link provides health services to young people aged between 12 and 25 years.

Does it cost anything to use this service?

No. All services are free.

Do I need to make an appointment?

No you don't need to make an appointment, but if you do you can be seen between 9am-5pm Monday to Friday. Otherwise you can drop in to access the following services:

Open access area is open from 1pm-5pm Monday to Friday

You can access the youth health fund from 1pm-5pm Monday-Friday.

The needle and syringe program is open 9am-5pm Monday-Friday.

What can I access at this service and when?

In the Open Access Area a young person can:

- Use a washing machine and dryer.
- Have a shower and use the toilet.
- Pick up hygiene items (like shampoo, razors, tampons etc.) and condoms.
- Use the phone for health related calls.
- Have their mail sent there to collect.
- See a Centrelink worker every Tuesday from 1.30pm-2.30pm.

What does a Youth Health Worker at The Link do?

Youth Health Workers can provide a range of support to young people including referral to external service providers and support for any health issues.

What is the Youth Health Fund?

The Youth Health Fund can help you to buy essential health services and/or health items when you can't afford them. You can access the youth health fund if you are aged between 12 and 24 years.

Talk to a Link Youth Health Worker to find out more.

Pulse Youth Health South

Address: 2 Terry Street, Glenorchy

Phone: 6233 8901

Email: pulse@dhhs.tas.gov.au

Web address:

www.dhhs.tas.gov.au/service_information/services_files/pulse_youth_health_south

What age do I have to be to access this service?

Pulse provides health information and support for young people aged 12 – 24 years in Southern Tasmania.

Does it cost anything to use this service?

No

Do I need to make an appointment?

You can just drop into open access on Fridays between 2pm-4.30pm for a chat with workers, have a snack and a drink, use the computers and more.

You can speak with a worker who will organise a follow up appointment.

What can I access at this service and when?

- Information and support – relationships, sexual health and contraception, physical and emotional support and much more
- Links to other services
- Help with health items through a youth health fund worker
- Shower and laundry
- Free condoms
- Help to be healthy and happy

By Appointment:

- Sexual health family planning GP
- Psychologists from the University Psychology clinic
- Youth Alcohol and Drug worker from Alcohol and Drug Service
- Music Room and recording studio
- Health and wellbeing groups

Youth Health Team – North West

Address: Parkside | Strahan Street, Burnie

Phone: 6440 7140

What age do I have to be to access this service?

The service works with young people between 12 and 24 years.

Does it cost anything to use this service?

No.

Do I need to make an appointment?

No.

What can I access at this service and when?

The opening hours are from Monday to Friday, 9am- 5 pm. The Youth Health Team can assist young people to make informed life and health choices via flexible and confidential services including information, education, support, referral and counselling on issues such as:

- Drugs and alcohol
- Sexual health
- Emergency health
- Counselling
- Pregnancy testing
- Referral services
- Other issues that affects the health and wellbeing of young people.

Youth Health Program – North

Address: Ravenswood Community Health Centre, Lambert St, Ravenswood

Phone: 6777 4422

What age do I have to be to access this service?

The service works with young people who are between 12 and 24 years.

Does it cost anything to use this service?

No.

Do I need to make an appointment?

No, but appointments mean that you are guaranteed to see someone on the day.

What can I access at this service and when?

The opening hours are from Monday to Friday, 8.30am-5pm. The Youth Health Team can assist young people to make informed life and health choices via flexible and confidential services including information, education, support, referral and counselling on issues such as:

- Drugs and alcohol
- Sexual health
- Emergency health
- Mental health
- Pregnancy testing
- Referral services
- Other issues that affects the health and wellbeing of young people

Cornerstone Youth Services Inc - Devonport

Address: The Junction, 64 Stewart Street, Devonport

Phone: 6424 2144

Email: info@cornerstoneyouthservices.com.au

Web address: www.cornerstoneyouthservices.com.au

Cornerstone Youth Services Inc– Launceston

Address: corner of Brisbane and Wellington Street, Launceston

Phone: 6335 3100

What age do I have to be to access this service?

12-25 years old.

Does it cost anything to use this service?

No.

Devonport:

Yes on Monday, Wednesday and Friday

You can just walk in on a Tuesday

Launceston:

No you don't, and the service is open Monday, Wednesday, Thursday and Friday 9am-5pm and on Tuesdays 12pm-5pm.

What can I access at this service and when?

Incorporating **headspace**, Cornerstone provides free access to mental health services focusing on health promotion, prevention, education and early intervention. Supported referral pathways to doctors, sexual health and drug and alcohol services are provided. No referral is required to use this service.

headspace

There is a **headspace** Centre located in Hobart, Devonport and Launceston.

Hobart:

Address: 49 Liverpool Street, Hobart

Phone: 6231 2927

Email: headspace@thelink.org.au

Web address: www.headspace.org.au/headspace-centres/headspace-hobart

Opening hours

Monday 9am - 5pm

Tuesday 11am - 5pm

Wednesday 9am - 5pm

Thursday 9am - 7pm

Friday 9am - 5pm

Devonport

Address: 64 Stewart Street, Devonport

Phone: 6424 2144

Email: headspace@csys.com.au

Web address: www.headspace.org.au/headspace-centres/headspace-devonport

Opening hours

Thursday 9am-5pm

By appointment on Monday, Wednesday and Friday.

Launceston

Address: Corner Brisbane and Wellington Street, Launceston

Phone: 6335 3100

Email: headspace@csys.com.au

Web address: www.headspace.org.au/headspace-centres/headspace-northern-tasmania

Opening hours

Monday, Wednesday, Thursday and Friday: 9am-5pm

Tuesday: 12pm-5pm

What age do I have to be to access this service?

12-25 years old.

Does it cost anything to use this service?

No.

Do I need to make an appointment?

Yes you do or you can ask someone to call on your behalf to arrange an appointment.

What can I access at this service?

headspace is a free health service for young people aged 12-25 years old.

Staff can help you with things like:

- Mental health and wellbeing
- General health
- Sexual health advice
- Alcohol and other drug counselling
- Information for your school or workplace