



headspace Work and Study can help

Are you supporting young people who don't know what's next in their work or study journey after school?

headspace Work and Study is a free online service delivered over the phone, webchat or video chat to support 15-25 year olds with planning and achieving their work and study goals. We can support young people you work with to identify post school options and to transition from school to employment, further study or training.

Our team is made up of Career Advisors as well as Mental Health Clinicians who can support young people with any mental health related barriers to their work and study.

We can help young people with:

- Further education planning, course selection and enrolment
- Career, industry and labour market research
- Job seeking skills and tools
- Resume and job application support to find work
- Support starting work or further study
- Balancing mental health and wellbeing with work or study
- Navigating Centrelink and other government support options

To register:

Young people can self-refer by clicking the button below or calling 1800 810 794. If you have any questions, feel free to call this number too.



Website: headspace.org.au/workandstudy