



Factsheet for GPs, Nurses &
Practice Managers

Referring to headspace Hurstville and Miranda



Referring is super
quick and easy!

What is headspace?

headspace supports young people, from 12-25, who are going through a tough time. headspace Hurstville & Miranda completely free.

GPs and nurses are able to refer young people to headspace for assessment and management of common mental health conditions such as depression and anxiety.

How to contact us directly:

Miranda:

- P: (02) 9575 1500
- E: headspace.miranda@stride.com.au
- W: headspace.org.au/miranda

Hurstville:

- P: (02) 8048 3350
- E: headspace.hurstville@stride.com.au
- W: headspace.org.au/hurstville

What services are available at headspace Hurstville and Miranda?

We have a variety of free services, supports and activities for young people aged 12-25 including:

- Mental Health
- Physical Health (incl. sexual health)
- Alcohol & other Drugs
- Family Therapy
- Social Groups
- Clinical Groups
- Work & Study



How can I refer?

It is really quick and easy!

You can refer to headspace Hurstville and Miranda using an online referral form.

You can also contact us directly via phone or email.

Click [here](#) or scan the QR Code to make a referral

