

what is headspace Work & Study Online Support?

headspace Work & Study Online Support is a free service to support 15–25-year-olds with planning and achieving their work and study goals. The service is delivered over the phone, webchat or video chat.

Young people engage with one of our Work and Study Specialists weekly to fortnightly for approximately three months. We also have a small team of mental health clinicians to support young people with any mental health related barriers to their work and study (if they are not already engaged with a mental health provider). Once a young person has achieved their goal, they also have the option of additional help through our post-placement support phase.

headspace Work & Study Online Support can help young people no matter where they are at in areas such as:

- Job search skills, job applications, resume and cover letter preparation
- Career, industry and labour market research
- Further education planning, course selection and enrolment
- Support transitioning from school to work or further study
- Balancing mental health and wellbeing with work or study
- Changing jobs, increasing work hours or navigating challenging workplace situations

Provided a sense of purpose and structure to my life.

The impact of work and study support on young people's lives

Work and study support assists young people to identify and reach their work or study goals. Reducing the length of time a young person is disengaged from work or study can positively impact their mental health and wellbeing. It is essential that work and study needs are included when supporting young people across the continuum of mental health, regardless of their mental health presentation.

headspace Work & Study Online Support surveyed participants have told us:

- 79% of young people felt more optimistic about their work or study future, and 72% agreed this service helped improve their situation
- 87% of young people agreed that the help they received was valuable

Gave me a sense of accomplishment and boosted my self-esteem.

Who is headspace Work & Study Online Support for?

This program is for young people aged 15-25 who's mental health may be impacting them and they require support to reach their work and study goals. Young people receive tailored 1-on-1 online support with a Work and Study Specialist no matter where they are in their work and study journey.

Work(s) around our unique needs and circumstances.

Care collaboration

The mental health and wellbeing of the young person remains the priority. With the young person's consent, our specialists can work with referrers and/or any other mental health supports to provide integrated care. This process avoids duplication and provides a strong, collaborative support model.

73% of young people who were surveyed after their experience with headspace Work & Study Online Support felt a reduction of their mental health and wellbeing difficulties in relation to their work and study goals.

How can young people access headspace Work & Study Online Support?

Young people can book their first appointment via: headspace.org.au/online

External services that support young people can refer them to our program via our referral form. This allows for additional supportive information about the young person to be included in the referral and provides data on the number of referrals the service has made over time and its impact.

Access the resources and support from the comfort of my own home.

Organisations that refer young people include:

- Schools, universities and TAFEs
- GPs and psychological practitioners
- Mental health and well-being support
- Alcohol and other drug services
- Homelessness
- Other work or study services

Our partnerships allow us to integrate headspace Work & Study Online Support into your service offerings. Contact us if you're interested in learning more via:

workandstudy@headspace.org.au

Alex's story

"headspace Work & Study Online Support is a welcoming service that supports young people like us to find our way, helping to build skills in work and study and a sense of belonging and understanding. I had the opportunity to work with a dedicated Work and Study Specialist who provided me with insights into effective resume and cover letter writing, which ultimately improved my application techniques."

In 2023, after years of struggling with their mental health and feeling directionless, Alex* took steps to seek help through headspace Work & Study Online Support. With renewed hope and motivation, they enrolled in university and began to look for a job that would fit in with their study commitments. Alex found a job and built skills that will help them in their future career. The program helped to instil a routine, improve Alex's financial situation, increase their social connection and improve their overall mental health.

*Disclaimer: the name of this young person has been changed due to privacy.

For more information

Visit

headspace.org.au/online

Call

1800 810 794

Email

workandstudy@headspace.org.au