



headspace

National Youth Mental Health Foundation

**are you
experiencing
work or study
challenges?**



During these uncertain times it can help to talk to someone. headspace is here to support you with your work or study situation.

With COVID-19 restrictions in place, your work or study might have abruptly changed, leaving you feeling increasingly anxious or unsure about your future.

If you're 15-25, our team of qualified work and study specialists can help you during this uncertain time.

we can help you with:

- understanding your strengths, skills and abilities
- navigating Centrelink or other Government support options
- job seeking skills and tools
- career planning and advice
- resume and job application support
- study and enrolment support
- support transitioning from school to work or further study
- balancing your mental health and wellbeing with work or study.

digitalworkandstudy.org.au

1800 810 794

headspace Work and Study is funded by the Australian Government