

## Headspace Darwin

headspace Darwin is a free and confidential service that can help eligible young people aged 12 to 25 with their mental health and wellbeing.

headspace Darwin provides assistance in 4 key areas:

- Mental Health
- Physical and Sexual Health
- Alcohol and Other Drugs (AOD) and
- Vocational Support

headspace Darwin encompasses a headspace Primary, headspace Early Psychosis and an Enhanced Care service.

headspace Darwin is an inclusive service which does not discriminate regardless of race, cultural background, religion, sexual orientation, gender, or disability.

Delegates will be taken on a tour of the facilities and be presented with an overview of headspace and how their services are benefiting the community.



## George Brown Darwin Botanic Gardens

The George Brown Darwin Botanic Gardens are two kilometres north of Darwin city.

The gardens cover 42 hectares and are noted for their collections of north Australian and other tropical species.

The gardens have been in Darwin for over 130 years and have survived World War II and Cyclone Tracy.

This is one of the few botanic gardens in the world with marine and estuarine plants growing naturally.

The plant display house has tropical orchids, bromeliads and other exotic flora.

Arrive at the botanic gardens and have some refreshments before setting off on a guided tour of parts of the garden seeing some of the older trees, bush tucker plants and relax in the tranquil environment.

***Please bring a hat and wear comfortable walking shoes as there is some terrain and walking involved in this visit.***

# Conference on the move

