



## **Appendix**

**This appendix was part of the submitted manuscript and has been peer reviewed.  
It is posted as supplied by the authors.**

Appendix to: Rickwood DJ, Telford NR, Mazzer KR, et al. The services provided to young people by *headspace* centres in Australia. *Med J Aust* 2015; 202: 533-536. doi: 10.5694/mja14.01695.

**Appendix 1: Mean number of service sessions by service type and presenting problem**

Presenting problem	Number of sessions	Number of clients	Mean number of attended sessions of each service type				
			Engagement and assessment	Mental health	Physical or sexual health	Alcohol or other drugs	Vocational
Mental health	1	7708	0.86	0.11	0.01	< 0.01	< 0.01
	3	2658	1.28	1.53	0.04	0.02	0.03
	6	1392	1.45	4.19	0.09	0.03	0.03
	10	589	1.80	7.45	0.20	0.01	0.08
Situational	1	1733	0.87	0.09	0.01	< 0.01	< 0.01
	3	527	1.22	1.57	0.03	0.01	0.03
	6	203	1.30	4.29	0.02	0.02	0.01
	10	68	1.40	7.70	0.28	0.02	0.09
Physical or sexual health	1	1184	0.30	0.03	0.64	< 0.01	< 0.01
	3	237	0.70	0.55	1.66	0.01	< 0.01
	6	43	1.33	2.55	1.97	< 0.01	< 0.01
	10	15	1.34	5.92	1.90	0.07	< 0.01
Alcohol or Drugs	1	466	0.84	0.05	0.01	0.09	< 0.01
	3	98	1.23	0.89	0.02	0.71	0.02
	6	40	1.79	2.64	0.08	1.09	0.06
	10	6	1.03	4.31	< 0.01	3.79	0.17
Vocational	1	265	0.75	0.05	< 0.01	< 0.01	0.15
	3	67	0.84	1.23	0.05	0.02	0.53
	6	14	1.20	3.23	0.08	< 0.01	0.90
	10	8	1.43	5.58	< 0.01	< 0.01	1.95

The numbers of sessions in the second column were chosen to align with the outcome data collected from *headspace* clients reported in the companion paper in this issue of the *Medical Journal of Australia* ("Changes in psychological distress and psychosocial functioning for young people accessing headspace centres for mental health problems").

The table presents the mix of services in terms of the average number of sessions of each service type for clients with different initial presenting problems. Each session was recorded as consisting of a single service type. It shows, for example, that young people who first presented for mental health reasons and then attended for six sessions attended an average of 1.45 engagement and assessment sessions and 4.19 mental health sessions, and may also have received a small amount of service for alcohol or other drugs, physical and sexual health, and vocational questions. A similar pattern was evident for those who first presented with situational difficulties.