

10 years of youth support through headspace Canberra

17 April, 2019 – It has been over a decade since **headspace** Canberra opened their doors, to offer mental health and wellbeing supports to the over 38,000 young people in the region aged between 12-25 years.

The anniversary celebrations coincide with the official launch of the new, centrally located centre in Braddon - which opened its doors to young people in December last year.

Since opening, **headspace** Canberra has seen over **14,000** young people across the community and has become a pillar of youth wellbeing in the community.

Zora Todoroska, Centre Manager at **headspace** Canberra, said the service has been able to provide these much-needed supports through a hardworking team, a passionate community, and generous stakeholders and funders.

“75 per cent of mental health problems emerge before the age of 25. Our role has been to ensure young people know how and where to access support, while educating the community on how to spot emerging mental health concerns and how to take the next steps,” she said

“We have been provided these opportunities to support young people, their families and carers, through overwhelming support from our stakeholders and funding partners.”

A range of services are provided through the **headspace** Canberra centre. **headspace** Canberra is funded through the ACT PHN Program and receives additional grants from ACT Health Directorate, Canberra Health Services and various other non-government organisations.

These services include the PHN Next Step program consisting of low intensity psychological services provided by coaches and high intensity psychological services provided by mental health professionals. Sexual health services and drug and alcohol services are also offered, with GP services being available later this year for young people to access for their physical and mental health needs.

headspace CEO Jason Trethowan said each **headspace** centre is created with, and for, young people; ensuring all services, programs and facilities are welcoming and youth-friendly.

“Seeking help for any concerns troubling a young person takes a lot of courage, and **headspace** has made it easier for young people to come to the one place with all the support they need,” he said.

Ben, a young person who accesses services at the centre, said **headspace** Canberra is a place where he feels like he belongs.

“Everyone is incredibly kind and welcoming. They make you feel like you’re part of a family - and as someone who suffers from severe depression and anxiety, I truly treasure the time I spend here,” he said.

Capital Health Network (CHN) Chief Executive Adj Prof Gaylene Coulton said they were proud to fund **headspace** Canberra, through the ACT PHN Program, and support Marathon Health as the Lead Agency for **headspace** Canberra.

“I congratulate **headspace** on the commitment shown to providing holistic support in meeting the mental health needs of the youth of Canberra over the past 10 years. Capital Health Network is proud to fund such a vital service in our community. The re-location of the headspace centre to be centrally located in Braddon, offers exciting opportunities for headspace and we look forward to seeing many more years of their wonderful work in our community,” she said.

Staff will be celebrating the achievement and the launch of their new centre on **Wednesday 17 April from 12-3pm** at the new **headspace** Canberra building at 1 Torrens Street, Braddon.

A formal launch will be held at noon with speakers including the ACT Minister for Mental Health and a young person who has been assisted by headspace Canberra over the years. Followed by performances from local young people, art work and games.

For more information about **headspace** Canberra, or if you are young person with something going on, contact the team on 5109 9700, visit their [website](#) or chat to a clinician at [ehespace](#).

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About headspace:

Marathon Health is one of the largest providers of **headspace** services in Australia, with centres located in Bathurst, Canberra, Dubbo, Orange and Queanbeyan, and satellite services in Cowra and Lithgow. The primary focus of **headspace** is the mental health and wellbeing of young Australians. **headspace** helps 12 – 25 year olds going through a tough time through a national network of over 100 **headspace** centres. **headspace** also offers online and telephone counselling services through **ehespace**. **headspace** can help young people with general health, mental health, education and employment and alcohol and other drug services. **headspace** was established by the Australian Government in 2006. From 1st July 2016, **headspace** centres across Australia are now managed by Primary Health Networks. Primary Health Network’s receive funding from the Australian Government to support **headspace** centres. Visit headspace.org.au to find a **headspace** centre or access help.

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