

MEDIA RELEASE - 15 October 2020

Second headspace centre to provide mental health support to young Canberrans

A second headspace centre will open in the ACT to provide additional much-needed mental health support to young people aged 12-25 years.

Capital Health Network (CHN) CEO Megan Cahill said earlier this year “The Review of Children and Young People in the ACT” by the Office for Mental Health and Wellbeing recommended making access to mental health services easier and more affordable.

“The ACT Government report found that half of the ACT’s young people and children say they have problems accessing mental health services. We know there is a lack of services for young people and unacceptable waiting times for many existing services in the ACT. This new headspace centre will help meet the needs of young people,” said Ms Cahill.

Following a CHN commissioned feasibility study conducted by the Youth Coalition of the ACT, the decision was made to place the second ACT headspace site in Tuggeranong. Tuggeranong houses a larger population of young people than other south side areas as well as the highest number of families in the ACT. Recent data also reveals headspace Canberra centre provided a significant number of services to young people from Tuggeranong, with many taking long bus rides to get to the site.

“We’re delighted that from early next year young people on the south side will be able to access free or low cost mental and physical health support at this new headspace centre in Tuggeranong. Tuggeranong was chosen as it has a larger population of young people aged 12-25 years than the Inner South, Weston Creek and Woden Valley combined, with a higher prevalence of young people experiencing mental ill-health. The centre will be in Tuggeranong’s Town Centre near public transport and nearby parking,” said Ms Cahill.

CHN, ACT’s Primary Health Network, has commissioned Grand Pacific Health (GPH) to run headspace Tuggeranong. GPH CEO Mr Ron de Jongh said GPH is delighted to have been offered the lead agency for the Tuggeranong headspace centre.

“We will draw on our experiences from running four other headspace sites in South Eastern NSW and look forward to working with the many agencies in the ACT involved in youth health to ensure headspace Tuggeranong is appropriate, accessible and safe for young people in the community. The support from the community to date has been overwhelming. We have secured a wonderful site and have commenced fit-out of the premises. headspace offers a whole of life and whole of community approach and we look forward to making a difference in the lives of young people in the area,” said Mr Ron de Jongh.

headspace Tuggeranong is supported by \$2.5 million in funding from the ACT PHN through the Australian Government’s PHN Program.