



Senator the Hon Zed Seselja, Senator for the ACT



## **MEDIA RELEASE – Embargoed until 11am, 30 July 2021**

### **New headspace centre opens to support young Canberrans**

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Today Senator the Hon. Zed Seselja opened the new headspace Tuggeranong centre which will provide much-needed mental and physical health support to young Canberrans. The ACT now has two headspace centres, with the other centre located in the city centre.

“headspace is here to deliver quality frontline support and ensure the best possible care for people who are at risk,” said Senator Sesejla.

“We know intervention at the earliest possible stage is important to reduce the duration and impact of mental illness, so I encourage young people across Canberra to reach out for the help they need.”

Capital Health Network (CHN) CEO Megan Cahill said “The Review of Children and Young People in the ACT” by the Office for Mental Health and Wellbeing found that half of the ACT’s young people have problems accessing mental health services.

“CHN was very pleased when the Australian Government provided funding for a second headspace centre in Canberra as it will help increase access to youth mental health services and reduce waiting times. We commissioned a feasibility study by the Youth Coalition of the ACT who recommended that ACT’s second headspace centre be located in the Tuggeranong’s Town Centre, near public transport and with nearby parking,” said Ms Cahill, CHN CEO.

headspace CEO Jason Trethowan welcomed the arrival of the second site in Canberra to provide young people in the community much-needed support.

“headspace Tuggeranong is already proving to be an important and valued part of the local community. We are excited to support more young people in the ACT to support their mental health and live happy, healthy lives.

“With 75 per cent of mental health issues developing before the age of 25, we understand how important early intervention mental health supports are for young people. headspace Tuggeranong is a safe, welcoming place for young people access mental health care, as well work and study support, physical health appointments and alcohol and other drug service,” said Mr Trethowan, headspace CEO.

CHN, ACT’s PHN, has commissioned Grand Pacific Health (GPH) to run headspace Tuggeranong. GPH is currently running four other headspace sites in South Eastern NSW and one in the Canberra city centre.

“Grand Pacific Health has a proven track record in supporting young people and currently operates headspace centres in Wollongong, Nowra, Goulburn, Bega, Canberra and now Tuggeranong. We are excited about the synergies this will create for the benefit of young people in the Canberra region,” said Ron de Jongh, Grand Pacific Health CEO.

headspace Tuggeranong can be contacted on phone 02 6298 2920 and is located at Level 1, 167 Soward Way, Greenway ACT.

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

### **About headspace**

headspace is the National Youth Mental Health Foundation providing early intervention mental health services to 12-25-year olds. Each year, headspace helps thousands of young people access vital support through our headspace services in 137 communities across Australia<sup>[1]</sup>, our online and phone counselling services, our vocational services, and our presence in schools. headspace can help young people with mental health, physical health (including sexual health) alcohol and other drug services, and work and study support. For locations of headspace services, as well as factsheets and resources for young people and their families and friends, please visit the headspace website: [headspace.org.au](https://headspace.org.au)

[1] As at July 2021 and inclusive of licensed headspace centres, satellites and outposts

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