



Senator the Hon Zed Seselja, Senator for the ACT



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New walk-in mental health centre to support Canberrans

Today Senator Zed Seselja opened the new “Canberra Head to Health Centre” to support the mental health and wellbeing of Canberrans.

Capital Health Network (CHN) CEO Megan Cahill said the centre will help guide Canberrans to access the right local mental health information, services and support without a referral or appointment.

“A couple of years ago Canberrans found themselves engulfed in smoke from bushfires ranging around us. Then we found ourselves facing the global COVID-19 pandemic which forced us to deal with the pressures of lockdown, homeschooling and the daily uncertainty about the future. This has resulted in more Canberrans experiencing mental health challenges than ever before,” said Ms Cahill.

Senator Zed Seselja welcomed the opening of the new centre and said it will help people get the support they need by providing care where there are no available services appropriate to their needs or while they are waiting to be connected to longer-term care.

“Our Government is committed to improving mental health services across Australia and here in the ACT. To do so, we have invested considerable funding to improve services now and into the future. This centre will integrate with other services to address fragmentation and offer seamless care pathways, with an emphasis on ensuring consumers and carers do not need to retell their story. Canberrans can receive a free consultation with a trained mental health professional by simply phoning the centre or walking-in, without needing an appointment or referral,” said Senator Seselja.

The Canberra Head to Health Centre will provide a ‘no wrong door’ entry point to help people and their families and carers to understand what support they need and where to find it locally.

CHN has commissioned Think Mental Health to deliver the centre, supported by \$6.8 million funding from the ACT PHN through the Australian Government’s PHN Program.

“At Think we’ve seen firsthand how uncertain times have led to an increase in demand for mental health services. Unfortunately, there are increasingly long wait times to access services locally. The Head to Health Centre is staffed by a local multidisciplinary team which will include psychologists, mental health assistants, nurses, and social workers, along with psychiatry input. Our skilled clinical team will work with consumers to understand their concerns, provide information and support, and link them to appropriate local services,” said Vanessa Hamilton, Clinical Director, Think Mental Health.

To access free support through the Canberra Head to Health Centre, call 1800 595 212 for a consultation with a trained mental health professional or drop in at ALIA House, First Floor, 9 Napier Close, Deakin. An appointment or referral is not required.