



# HEAD TO HEALTH

## MEDIA RELEASE – 27 March 2024

### New free mental health centre for Tuggeranong

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The ACT is set to get a second Head to Health centre, this time in Tuggeranong. Building on the success of the current Head to Health centre in Canberra's CBD, the much-needed adult mental health service will be expanded into Tuggeranong.

Capital Health Network (CHN) Acting CEO, Julie Blackburn said that Canberrans will not need a referral or appointment to access the new free service in Tuggeranong.

“We're proud to support this new centre which will provide a safe and welcoming place for people needing mental health support, without the need for a referral or appointment. As the ACT's Primary Health Network, we worked with the ACT Government to jointly identify a need for a Head to Health service in Tuggeranong to ensure the local community can receive free and timely information, support and links to appropriate services to meet their needs,” said Ms Blackburn.

“The community will have a dedicated, walk-in service that offers mental health information, services and support. Over the coming months this service will be co-designed with local people who understand the needs of Canberrans,” said Assistant Minister for Mental Health and Suicide Prevention, Emma McBride.

Opening later this year, Tuggeranong Head to Health will be staffed by a local multidisciplinary team who will deliver holistic and collaborative support to help more Canberrans find a path forward and access services that are right for them.

“It's great to see one of these centres in Tuggeranong that will be easily accessible to most of the community in Bean. The new Head to Health service is a welcome addition and will offer ongoing support for people across our community who are struggling with their mental health,” said David Smith MP, Federal Member for Bean.

“More mental health services across the ACT means more people will have access to support closer to home and help them live healthier. This contributes to my vision to make mental health services more accessible in all Canberra suburbs, especially around Tuggeranong where there is a need for more support,” said ACT Minister for Mental Health, Emma Davidson.

CHN has received over \$3.4M through the Australian Government's PHN Program to support Tuggeranong Head to Health. This centre will go to tender for a service provider mid-year.

Canberra Head to Health is open at 14 Childers St, Canberra City. No appointment or referral required. For more information phone 1800 595 212 or visit [www.canberraheadtohealth.com.au](http://www.canberraheadtohealth.com.au). The second ACT Head to Health centre, located in Tuggeranong, will open later this year.