

Media release



24th October 2011

headspace welcomes announcement of new centres

The establishment of 15 new **headspace** centres around Australia will give thousands more young Australians the help they need to overcome anxiety, depression and other conditions affecting their mental wellbeing.

In welcoming the Federal Government's announcement today, Acting CEO Liz Burgat said that the arrival of **headspace** in these areas would make a real difference to the lives of young people.

headspace provides early intervention mental health services to Australians aged 12 to 25. Any young person who needs support, advice or just someone to talk to, can walk into a **headspace** centre and be treated with respect and compassion, within a confidential and safe environment.

"Since inception, headspace has helped more than 50,000 young people overcome mental health problems. The expansion will help **headspace** reach many more young Australians in need," said Ms Burgat.

"In many cases it will be the first time young people in these areas will have access to the full range of related mental services offered by headspace in the one place."

To inform the placement of centres extensive investigations have been done to identify the areas of greatest need across Australia. The locations selected are:

New South Wales – Tamworth, Lower Hunter, Port Macquarie, Sydney Outer West and Blue Mountains (Penrith), Northern Suburbs of Sydney

Victoria – Shepparton, South East (Dandenong), Outer East (Ringwood/Knox), Ballarat

Queensland – Mackay, Ipswich, Sunshine Coast

Western Australia – Bunbury, Perth North East

South Australia – Upper Spencer Gulf

In addition, two outpost services, overseen by existing **headspace** centres, will be established at Mt Isa (QLD) and Burnie/Devonport (TAS).

The new **headspace** centres will be operational in 2013 and will bring the total number of headspace centres to 55. The new centres are part of the \$197.3 million funding commitment for **headspace** announced in the May Federal Budget. There are currently 30 **headspace** centres operating across Australia with a further 10 to open in early 2012.

"This round of **headspace** centres will increase the access to youth mental health services in metropolitan areas while also extending out to large densely populated regional areas without an existing **headspace** centre," said Ms Burgat.

"The centres will address clear needs in the each of these communities to support young people on a range of mental health issues."

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The establishment by **headspace** a comprehensive online and telephone counselling service, **eheadspace**, which begins as a 24-hour service today, further boosts coverage to young Australians.

“We know from the successful **eheadspace** pilot that many young Australians are comfortable with online counselling and it can especially benefit people who have previously been forced to travel hours to the nearest face-to-face services,” said Ms Burgat.

Determining the location of the new **headspace** centres is based on several considerations to ensure that **headspace** delivers services in the areas of greatest need. They include: the distance from existing **headspace** centres; the number of young people in the area; population growth; social and economic disadvantage; accessibility of the location and the readiness of the location to set up a **headspace** centre.

The investigation process to determine locations for new headspace centres is completed in consultation with the Department of Health and Ageing, State and Territory Governments, the Commonwealth and the **headspace** Board.

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Notes: new headspace centre locations

NSW	Sydney - Northern Suburbs The Northern suburbs of Sydney, including Hornsby, have one of the largest youth populations (over 65,000) in New South Wales that does not already have a headspace centre. There is currently no headspace centre in Northern Metropolitan Sydney. Strong community and stakeholder advocacy and for a new centre in the Northern Sydney region indicates a healthy readiness to proceed with establishing a centre.
	Sydney - Outer West and Blue Mountains (Penrith) Outer West and Blue Mountains region, which is centred around Penrith, has a youth population of over 58,000 and is subject to significant disadvantage. It is an area of anticipated high demand for a headspace centre. This headspace centre will complement the Mt Druitt and Parramatta centres.
	Newcastle (Lower Hunter) Newcastle is a major regional centre with high need for a youth mental services. With a youth population of well over 50,000 and significant pockets of disadvantage. It is 30km from an existing centre in the smaller centre of Maitland (youth population 12,000) which will provide opportunities for collaboration.

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	<p>Port Macquarie</p> <p>Port Macquarie has a youth population of 11,000 and it is over three hours travel to the closest existing headspace centre (located at Coffs Harbour). There are pockets of disadvantage and evidence of local capacity to hit the ground running. Port Macquarie is clearly a priority location for a headspace centre.</p>
	<p>Tamworth</p> <p>The Tamworth region, including Gunnedah, has a youth population of over 14,000. It is over three hours travel time to the closest headspace centre and has pockets of significant disadvantage. This makes Tamworth a logical candidate for a headspace centre.</p>
VIC	<p>Melbourne - South East (Dandenong)</p> <p>The South East Melbourne, centred around Dandenong, has one of the largest youth populations (over 125,000) in Australia. The establishment of a headspace centre in the Dandenong area will be a significant step in headspace services becoming more accessible for Victoria's young people.</p>
	<p>Melbourne - Outer East (Ringwood/Knox)</p> <p>The Outer East of Melbourne has a very large youth population of over 90,000 and will play a key part in making headspace available to young Victorians. The establishment of a headspace centre in the Outer East will compliment centres in Frankston, St Kilda, Collingwood and the proposed Dandenong centre to provide a network of centres for the Southern and Eastern suburbs of Melbourne.</p>
	<p>Shepparton</p> <p>Shepparton has a youth population of over 11,000 and significant disadvantage. It is approximately a two hour journey from the closest headspace centre in Bendigo. headspace Shepparton will fulfil an important role in delivering youth friendly mental health services to regional Victoria.</p>
	<p>Ballarat</p> <p>Ballarat is the second largest regional centre in Victoria (after Geelong) with a youth population of approximately 20,000. With a strong local interest in the development of a headspace, Ballarat will be a significant step forward in taking headspace to regional Victoria.</p>
QLD	<p>Mackay</p> <p>Mackay has a youth population of around 21,000 - the third largest outside of Brisbane.</p>

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	<p>Due to its remoteness and significant disadvantage Mackay is a priority location for headspace in Queensland. A strong local group of services that has been lobbying indicate readiness for the headspace centre to be established.</p>
	<p>Ipswich</p> <p>Ipswich has the third largest youth population in Brisbane of 53,000 young people. It is an area of significant disadvantage and a logical location for a headspace centre.</p>
	<p>Sunshine Coast</p> <p>The Sunshine Coast is the third largest urban centre in Queensland behind Brisbane and the Gold Coast, with a youth population in excess of 25,000. With strong support and readiness of local services, headspace Sunshine Coast will progress quickly and provide a service to the numerous communities in the area.</p>
WA	<p>City of Swan Perth - North East</p> <p>The North East of Perth has a youth population of around 41,000, a headspace centre will be a key component in providing access to youth mental health services in Perth. A centre in the City of Swan will compliment the established Fremantle headspace centre and the new headspace centre in Osborne Park. There has been a strong commitment from services in the North East area which indicates the headspace centre will be well supported.</p>
	<p>Bunbury</p> <p>Bunbury has the largest youth population outside of Perth, approximately 18,000. It is two hours travel from the closest existing headspace centre in Fremantle making it an important location to reach young people in Western Australia.</p>
SA	<p>Upper Spencer Gulf</p> <p>With Port Pirie, Port Augusta and Whyalla all figuring in the top five regional youth populations in South Australia outside of Adelaide, the Mid North is an important location for the expansion of headspace in South Australia.</p>

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headspace outpost locations

TAS	Burnie/Devonport <p>As the third-largest population centre in Tasmania, the Burnie/Devonport area has a large population of young people with particular challenges including high youth unemployment. The cities service communities across the North West coast to Smithton and down the West Coast.</p> <p>Burnie/Devonport's relative proximity to Launceston headspace makes it an ideal candidate for the existing headspace outreach/satellite model, meaning it can benefit from Launceston's expertise and workforce, while forging its own identity in the region. Consultation with local stakeholders will begin in December.</p>
QLD	Mt Isa <p>Mt Isa has been identified as a community of high need due to its relatively large population of young people, extreme remoteness, high cost of living and transient population. In addition, there are remote indigenous populations to the north (up to the Gulf of Carpentaria) and south (down to the NSW border) that would benefit from having access to headspace services, provided through the nearest centre in Townsville.</p> <p>The Mt Isa headspace presence will utilise and build on headspace Townsville's expertise and understanding of the key challenges facing the area. While Townsville will oversee the centre, envisaged partnerships will be developed with local Mt Isa services including schools, health services and youth services. headspace online and telephone counselling will augment the Mt Isa outreach service.</p>