

headspace satellite finds home in Maryborough

Youth mental health champions headspace are a step closer to opening the doors on a satellite centre in Maryborough, with the signing of a lease on a premise next to the Station Square Shopping Centre, located at Shop 2b, 118 Lennox Street.

Member for Wide Bay, Llew O'Brien, whose electorate office is also located in Maryborough, said once operational, the headspace satellite centre will provide tailored and holistic mental health support to 12-25-year olds.

"Research shows three quarters of mental health problems emerge before the age of 25, so it's incredibly important to connect young people with support and resources as soon as possible," Mr O'Brien said.

"The new Maryborough headspace service will help overcome the stigma associated with mental health and wellbeing challenges. We are very happy the young people of Maryborough will soon have a dedicated space to call their own where they can access services in a safe environment.

"The Australian Government has a very strong commitment to mental health, with almost \$120 million going to headspace services across Australia this financial year and continues to invest in services in regional areas like ours," Mr O'Brien said.

headspace CEO Jason Trethowan said each headspace centre is created with, and for, young people; ensuring all services, programs and facilities are welcoming and youth friendly.

"Seeking help for any concerns troubling a young person takes a lot of courage, and headspace has made it easier for young people to come to the one place with all the support they need," Mr Trethowan said.

Funded by Commonwealth commissioning agency Central Queensland, Wide Bay, Sunshine Coast PHN, headspace Maryborough will be operated as a satellite service by Wesley Mission Queensland, who operate the full-size headspace centre in Hervey Bay.

Centre Manager Ricky Goostrey said the new Maryborough site, near the corner of Alice and Lennox Streets, was chosen in collaboration with the local youth advisory council and meets a detailed list of requirements.

"It's visible, but provides an element of privacy, it sits on a public transport line, and you will never have to fight for a car park," Mr Goostrey said.

"The site is also quite close to many other organisations within Maryborough, such as community support services, medical services and Station Square Shopping Centre is next door.

"The location is great because it means Mum, Dad, or grandparents etc. could be doing their shopping, or might go for a coffee and read a magazine while a young person is having their session."

"We are engaging the youth advisory council again in consulting on the design and layout to make the site as youth friendly as we can, we're very excited."

The site will now undergo a custom fit-out, and could be operational by the end of year.

PHN CEO Pattie Hudson said the signing of the lease today was an important step towards providing mental health support for young people in Maryborough and surrounding areas.

"Being able to reduce or remove the barriers that access can sometimes impose is a huge step forward when helping at risk young people," Mrs Hudson said.

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“By securing this site, in such a great location, young people in Maryborough will be able to connect with the vital services headspace provides really easily.

“We are very much looking forward to seeing the centre take shape in the months ahead.”

headspace Maryborough will be located at Shop 2b 118 Lennox Street, Maryborough.

Some headspace support services are already being delivered in Maryborough by the headspace Hervey Bay team.

Referrals can be made by contacting headspace Hervey Bay.

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