



## MEDIA RELEASE

*31 March 2022*

### **Emerald headspace offering vital youth mental health support**

Young people in the Emerald community can now access the support they need, with Australia's peak youth mental health and wellbeing group, headspace, now delivering services in the region.

**headspace Emerald will be officially launched on the 8<sup>th</sup> April from 3pm** and will coincide with Youth Week activities in the region.

To celebrate the launch, there will be a range of stalls, live music from local youth music artists, food, face painting and other activities for the community to enjoy. The launch will conclude with a free movie at the local cinema from 7pm.

In attendance at the launch will be local Mayor, Councillor Kerry Hayes, Local MP Ken O'Dowd and headspace CEO, Jason Trethowan.

Headspace Emerald provides a free, confidential service for youth offering early intervention across four key areas – mental health, related physical health, social and vocational support, as well as alcohol and other drug use.

Despite being a remote area, headspace Emerald has secured the services of qualified mental health clinicians to work closely with general practitioners, sexual health services, vocational education services and alcohol and other drug services to provide support to young people at a crucial time in their lives.

A qualified mental health workforce in the region will provide ongoing benefits for the community and help young people get back on track and strengthen their ability to manage their own mental health in the future.

Given the pressures faced by young people today and the number of youth suicides in the area, the availability of early intervention services is much needed in the region.

Funded by Commonwealth primary healthcare agency Central Queensland, Wide Bay, Sunshine Coast PHN, Anglicare Central Queensland heads up the new centre in Emerald, providing tailored and holistic mental health and wellbeing support to people aged 12 to 25.

PHN CEO Pattie Hudson said Anglicare Central Queensland had a strong history of providing services to young people in the region and continues to play a key role in the Central Highlands Suicide Prevention Group.

“The PHN’s mental health team collaborated closely with the community of Emerald to secure a full headspace centre and we are delighted that Anglicare Central Queensland is the lead agent for this service,” Ms Hudson said.

“I am extremely pleased that this much needed service will officially be launched in the Central Highlands region. By working together, we can build better healthcare services for young people living in Emerald and surrounds and we look forward to the headspace service in Emerald leading the way for headspace services across rural and remote regions in Australia.”

Anglicare Central Queensland is well known in the community and had long been advocating for a headspace centre to provide a meaningful safe space and provide clinical safety for young people.

Along with Anglicare Central Queensland, the Central Highlands community has worked tirelessly over many years advocating for and supporting this valuable service, which has since expanded from a satellite to a full-service centre.

headspace Emerald is open from Monday to Friday and appointments can be made on 1800 950 722, or by emailing [headspace.emerald@anglicarecq.org.au](mailto:headspace.emerald@anglicarecq.org.au).

headspace centres and services operate across Australia, in metro, regional and rural areas, supporting young Australians and their families to be mentally healthy and engaged in their communities.

***headspace Emerald official launch details:***

***Date:*** Friday 8 April

***Time:*** 3pm onwards

***Location:*** headspace Emerald – 65 Hospital Road, Emerald

*Community members are all welcome to attend the official launch*

**\*\*\* ENDS \*\*\***

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