

headspace Northam opens

26 August 2020

- **headspace Northam is officially open**
- **The ability to build on the capacity and expertise of headspace Midland and develop a satellite service is a great outcome for the community**
- **The service will provide local young people in the area with mental health, alcohol and other drugs, and vocational support**
- **The service is located at 143 Fitzgerald Street, Northam**

headspace Northam has opened its doors, providing young people and their families in the wider Wheatbelt region access to youth friendly support to address mental health issues and other challenges affecting their wellbeing.

WA Primary Health Alliance (WAPHA), the operator of the state's three Primary Health Networks (PHN), has engaged Youth Focus to manage the delivery of the service as a satellite of the existing headspace centre in Midland, benefiting from its expertise and resources.

headspace Midland has supported more than 1100 young people over 3600 sessions during the last financial year, having a tangible and positive impact on the wellbeing of young people in the area.

The new satellite service in Northam will mean young people in the Wheatbelt won't have to travel to headspace Midland to access the support they need.

headspace Northam will be open Tuesday and Wednesdays 9am-5pm and Thursdays 11am-7pm (5pm-7pm for appointments only).

Young people aged 12 to 25 can contact the service directly or be referred by their GP or mental health professional.

Comments attributed to Federal Member for Pearce, the Hon. Christian Porter:

"Mental health and suicide prevention remain one of our Government's highest priorities.

"I want our young people in Pearce to know they are not alone on their journey. headspace is here to deliver quality frontline support and ensure the best possible care for young people who are at risk.

"We know intervention at the earliest possible stage is important to reduce the duration and impact of mental illness, so I encourage young people in our community to reach out for the help they need."

MEDIA RELEASE



Comments attributed to WAPHA General Manager Commissioned Services, Mark Cockayne:

“headspace plays an important role in equipping young people with the skills they need to manage their mental and physical health.

“Through making support more easily accessible for local young people in the Wheatbelt, we hope that those who are needing help reach out. When we feel supported, we are in a better position to cope with life’s challenges.

Comments attributed to Youth Focus Chief Executive Officer, Arthur Papakotsias:

“Both the headspace satellite in Northam and our existing services in the Wheatbelt will provide much-needed support and psychological help for young people in the region.

“Combined, these services offer greater care and support for young people dealing with depression, anxiety and other mental health and life challenges.

“We are pleased to be working with WA Primary Health Alliance, headspace and Avon Community Services for the betterment of youth mental health services in the Wheatbelt and look forward to being able to engage with more young people in the region than ever before.”

Comments attributed to headspace CEO, Jason Trethowan:

“Support for young people is vital and is particularly important at the moment as young people face additional stressors due to COVID-19.

“It’s great that headspace Northam will now be able to provide support to young people, closer to home.”

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