

New walk-in mental health centre opens its doors in Midland

The new Midland Head to Health adult mental health centre opens its doors for the first time this week to people seeking support for mild to moderate mental health concerns, including stress and anxiety, in Perth's eastern suburbs.

Located at 23 Old Great Northern Hwy, it provides a new approach in the mental health system and removes some of the traditional barriers for people seeking support for mental health concerns by offering a free, community-based walk-in service available from 10am – 8pm every day of the year.

Midland Head to Health is part of an Australian Government initiative to trial a number of adult mental health centres nationally, to improve access to mental health services for people experiencing distress and whose condition may be too complex for many existing primary care services, but don't meet the criteria for acute services.

The new centre is designed as a friendly, welcoming environment with a range of mental health professionals and support staff on hand to provide advice and support, along with assessment and short- to-medium-term treatment if needed. No referral or appointment is needed.

With input from members of the community with lived experience, it has been co-designed to feel welcoming and safe for everyone who visits, including LGBTIQ+ people, Aboriginal and Torres Strait Islander people and people from diverse cultural backgrounds.

Design elements of the building - such as the reception area's undulating, river-like ceiling installation - were intentionally selected to evoke emotional safety and calmness, and to reflect the natural tones and organic landscape of the Midland townsite and Aboriginal cultural heritage of the area.

Comments attributed to Federal Member for Hasluck, the Hon Ken Wyatt AM MP

"Thanks to the Morrison Government, people living in the Midland area will have access to free mental health and wellbeing services with the opening of a new Head to Health centre.

"This facility right here in Midland, and others like it across the nation, will help locals here in Hasluck and all Australians to have access to the support they need, when they need it.

"One in every 5 Australians — about 4 million people — suffer from a mental illness in any given year, and almost half the population experience a mental disorder at some time in their life.

"Through our Government's \$2.3 billion investment in the 2021-22 Budget, Australia is transforming the mental health system to ensure that all Australians can access, high-quality, person-centred care when and where it is needed."

Comments attributed to WA Primary Health Alliance CEO, Learne Durrington

"As the operator of Perth North PHN, our role has been to ensure WA's first adult mental health centre, as part of a national Australian Government funded trial, was designed to the highest standard and will provide the best possible treatment and support.

"People living in Perth's eastern suburbs can expect to receive great care in a welcoming environment, that has been strongly shaped by local community and stakeholder input.

"We are confident St John of God Social Outreach, part of St John of God Health Care, as the operator of the new centre, will make a valuable contribution to local primary care services and the community."

Comments attributed to St John of God Social Outreach CEO Susan Cantwell

"We've worked extensively with consumers, family members and carers from a variety of diverse backgrounds, local health professionals and service providers, local government and the wider community to ensure the new centre reflects local needs and delivers the best possible outcomes for the community.

"By providing an open door, extended-hours community service and by not requiring a referral or appointment, Midland Head to Health will remove some of the most significant barriers to accessing appropriate and quality mental health care.

"We're looking forward to welcoming our first community members to this important new service and supporting people when they need it the most."

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Available for interview

- WA Primary Health Alliance CEO, Learne Durrington
- St John of God Social Outreach CEO, Susan Cantwell
- Hon Ken Wyatt AM MP, Federal Member for Hasluck