

## headspace Karratha opens its doors

13 June 2022

- **headspace Karratha is open, located centrally with easy access to transport and on the same site as the Youth Shed, so it's a space that local young people are familiar and comfortable with.**
- **headspace Karratha will feature a GP consult room, four counselling rooms, a family room and a group room.**

headspace Karratha has opened its doors, providing young people, their families and friends access to youth friendly support for their mental health and wellbeing.

Anglicare WA, engaged to establish and run headspace Karratha, has been running the headspace Pilbara Outreach trial since it began in 2017, and has utilised their strong local partnerships and connection with the region's young people in the development of this new headspace service.

Provided in-kind by the City of Karratha, the new centre is located centrally with easy access to transport and on the same site as the Youth Shed, so it's a space that local young people are familiar and comfortable with.

headspace Karratha Youth Advisory Group member, Troy Wood, said headspace is going to make a positive impact on the de-stigmatisation of mental health in the community.

"I can't wait to see the further community development and community education that's going to be done through the centre, and the positive impact it will have for all young people. It's an exciting time to be in Karratha and the Pilbara!"

headspace Karratha will provide the full range of headspace services including mental health, physical and sexual health, work and study support and alcohol and other drug services.

Young people aged 12 to 25, and their families and friends, can contact headspace Karratha directly or be referred by their GP or mental health professional.

### **Comments attributed to Anglicare WA CEO, Mark Glasson:**

"The opening of the new headspace centre is a landmark occasion for Karratha – especially it's young people.

"This is – and always was – a team effort, bringing Anglicare WA together with other service providers, local government, Aboriginal Community Controlled Organisations, WA Primary Health Alliance, the broader community – and of course young people and their families – with the one dedicated aim to create a space where young people feel safe and supported.

"Just like the development of the headspace Pilbara Outreach Service, this new centre is the culmination of months of community consultations and co-design workshops to create a space that meets the specific needs of Karratha's young people."

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## **Comments attributed to headspace Area Manager, Samara Clark:**

“Having young people and stakeholders involved in both the look and feel of the centre was vitally important to us – as well as understanding the user journey between the Centres and the roaming Outreach Service.

“It has been a huge effort to bring all the elements together that result in a new headspace Centre, and the increased access to support for young people in the Karratha area is a very welcomed addition to the suite of headspace services in the Pilbara.

“headspace Karratha is also responding to the COVID-19 pandemic by offering some services online and over the phone, to ensure services continue to be available to young people, while keeping staff and communities safe.”

## **Comments attributed to WA Primary Health Alliance General Manager Commissioned Services, Mark Cockayne:**

“Anglicare WA has done a great job establishing this new service with strong engagement and co-design elements, and I know will continue to build on the wonderful work they have been doing with young people across the Pilbara through the headspace Pilbara Outreach trial.”

## **Comments attributed to headspace CEO, Jason Trethowan:**

“The past two years have been challenging for many young people, including those who live in rural and remote areas of Australia.

“Never has it been more important that young people have access to timely and youth-friendly mental health support, when and where they need it.

Just like in other rural and remote communities, I know headspace will have a profound positive impact on the health and wellbeing of young people in Karratha.

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## **ENDS**

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## **About Us**

WA Primary Health Alliance shapes, strengthens and sustains primary health care through partnerships and strategies that improve people’s access and health outcomes. As the operator of WA’s three Primary Health Networks – part of the Australian Government national PHN program – we help communities and people most at risk of poor health to get better access to care closer to home. We achieve this by supporting general practice to deliver the highest quality patient care, funding local primary health care services based on community needs and connecting local services to simplify the health care system. Along with our strong partnerships, our statewide structure allows us to deliver better health,

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together for the benefit of the WA community. For more information, visit [www.wapha.org.au](http://www.wapha.org.au)

## **About headspace**

headspace is the National Youth Mental Health Foundation providing early intervention mental health services to 12–25-year-olds. headspace has 150 centres across Australia in metropolitan, regional and remote areas, as well as online and phone support services through eheadspace. headspace can help young people with mental health, physical health (including sexual health) alcohol and other drug services, and work and study support. Centre details, as well as factsheets and resources for young people and their families and friends, can be located on the headspace website: [headspace.org.au](http://headspace.org.au).