

## headspace Albany expands centre to support more young people

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- **headspace Albany has expanded their premises, creating greater opportunities to support more young people and their families in a safe, inclusive and confidential space.**
- **Around twice the size of the previous centre, the new headspace Albany centre has seven counselling rooms, including two large enough to host a family or group counselling session, as well as a GP room.**
- **headspace Albany is located at St Emilie Way, Albany.**

More young people will have access to mental-health services, thanks to the renovation and expansion of headspace Albany.

headspace Albany provides 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 Albany directly or be referred by their GP or mental health professional.

### **Comments attributed to headspace Albany Manager, Andrew Wenzel:**

“The new centre will enable the team to provide much-needed services to the area’s young people, while being more welcoming and inclusive. The centre can now invite more services to co-locate, as well as host more student placements.”

“We worked extensively with our Youth Reference Group - and took on feedback from our centre-friendliness surveys to ensure we created a space that felt safe, welcoming, inclusive and not too clinical – with plenty of breakout zones.”

“The biggest thing is having space to support more young people. I hope it will make young people feel like there is a place to go for them, where they feel welcome, won’t feel judged, and will be able to feel better about their future if they’re going through a tough time.”

### **Comments attributed to WA Primary Health Alliance 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, supporting them not only now, but into their future.”

“Expanding headspace Albany through larger premises and addition of extra support services means more young people can get the help they need, a great result for the Albany community and wider Great Southern region.”

# MEDIA RELEASE



## Comments attributed to headspace CEO, Jason Trethowan:

“The new-look headspace centre will provide more opportunities for young people to seek support.”

“With two in five young people experiencing mental illness, access to mental health support has never been more important.”

“headspace Albany has proven to be a vital service for the community, a place young people know they can go for youth-friendly mental health care, including work and study support.”

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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, 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 [www.headspace.org.au](http://www.headspace.org.au)