

## headspace Mandurah moves to fresh new premises

15 March 2023

- **headspace Mandurah has relocated to a new standalone location, giving young people greater access to a range of youth friendly services.**
- **The new centre is located at 10C/327 Mandurah Terrace, Mandurah.**

headspace Mandurah has moved into a new, purpose-built centre, providing young people, their families and friends with a holistic, culturally safe and friendly place to access support for their mental health and wellbeing.

Centrally located on Mandurah Terrace, the new centre is close to several local schools and activities for young people.

### **Comments attributed to 360 Health + Community Co-Chief Executive Officers, Deborah Roberts and Darren Sumner:**

“Our headspace centre in Mandurah plays an essential role in keeping young people in our community safe and well.

“Our highly experienced clinicians provide much needed support to assist young people to overcome the challenges that they are facing.

“As the lead agency for headspace Mandurah, we are very proud to be able to open this new centre where our clients can safely access the support they need to improve their mental wellbeing.”

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

“headspace Mandurah has established itself as a safe, inclusive, and welcoming place for young people to go when they need support.

“The move provided a great opportunity for the headspace Youth Reference Group, young people’s families, and the wider community to have input on what is important for them in the development of the standalone premises.

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

“With two in five young people experiencing mental ill-health, it has never been more important for headspace to provide culturally safe, youth-friendly mental health support – when and where young people need it most.

“The new-look headspace Mandurah is ready to support even more young people in regional WA to live happy, healthy lives.

# MEDIA RELEASE



“Young people are resilient, and with support can and do weather tough times to get back on track.”

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

*This activity has been made possible through funding provided by the Australian Government under the PHN Program.*

## 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 154 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)