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NEWS RELEASE

New headspace for Upper Coomera to provide additional mental health support to young people

headspace services across the Gold Coast will be given an important boost during these challenging times, with a new headspace centre to be established in the Upper Coomera region.

Gold Coast Primary Health Network (GCPHN) has announced that Lives Lived Well, who currently manage headspace Southport, has been appointed to establish the centre, to provide mental health services to young people aged 12-25 in the local community. It is planned the new centre will be operational by July.

The Commonwealth has provided \$750 000 for establishment costs and \$912 000 in 2020-2021 for service delivery.

Federal Member for Forde Bert van Manen said the new headspace in Upper Coomera builds on the Morrison Government's commitment to delivering essential health services on the Northern Gold Coast.

"The mental health of young people and families on the Northern Gold Coast is my top priority as our community recovers from the impacts of COVID-19."

"The Morrison Government's \$1.6 million investment to establish and deliver a new headspace in Upper Coomera will support one of Australia's fastest growing communities.

"I will be working closely with the local community and residents to ensure any young person who needs mental health support is aware of the services available and can access that support."

GCPHN CEO Matt Carrodus, said the centre will provide additional services to cater for an increase in demand of more than 160 per cent in the last three years, particularly in the northern corridor. It will also help to meet an increase in demand caused by the COVID-19 pandemic.

"Given the current uncertainty and rising unemployment, headspace can provide much needed support to young people in the Gold Coast region," Mr Carrodus said.

headspace CEO Jason Trethowan, said the establishment of headspace Upper Coomera, will provide access for young people to youth friendly health professionals in a safe, confidential and youth-friendly environment. This includes mental health professionals, general practitioners, alcohol and other drug professionals and vocational specialists.

“We know with the right support we can help young people get through tough times and get back on track, and it’s great that headspace, a service trusted by young people, will soon be able to provide this support to the local community,” Mr Trethowan said.

During COVID-19, headspace is currently offering a range of telephone and online services for young people, including mental health and alcohol and drug support, to safeguard the health of clients, staff and their families.

Lives Lived Well CEO Mitchell Giles, said the continuation of mental health and alcohol and other drug support to people during the COVID-19, through professional telephone and online support, is important for the Gold Coast community, in particular for young people.

In addition to headspace services, Lives Lived Well has alcohol and other drug treatment services for young people also available.

“We know that during this stressful time, alcohol or other drug use could escalate and become more harmful or worrisome, so we are encouraging residents to access the service if you or your loved ones are experiencing problematic substance use,” Mr Giles said.

“There are a range of service options for 12-25-year-olds in our community, with the team working closely with headspace Southport to provide comprehensive and coordinated care for youth attending that service.”

headspace is also offering the work and study program available online to support youth whose work and study activities have been impacted by mental health, providing additional support, particularly for those who may be slipping through the gaps or experiencing unemployment or under employment.

To find out more about Gold Coast headspace services visit:

www.headspace.org.au/headspace-centres/southport or call: 07 5509 5900.

Gold Coast residents who may be struggling with their mental health, alcohol or drug use during this COVID-19 crisis can access services through:

- HeadToHealth.gov.au
- The new 24/7 Coronavirus Mental Wellbeing Support Service (<https://coronavirus.beyondblue.org.au>)
- Their regular GP who can refer to one of the many services commissioned by GCPHN (<https://gcphn.org.au/about/commissioning/gcphn-funded-services>)
- Alcohol and Drug Information Service (ADIS) (<https://adis.health.qld.gov.au>) or call 1800 177 833.

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