

headspace Upper Coomera officially opens

21/8/2020

headspace Upper Coomera is today celebrating the opening of its doors, providing a vital new mental health service for young people in the growing northern corridor.

The centre has been established in response to an increase in demand of more than 160 per cent in the last three years, for Gold Coast headspace services. It will also provide additional support during the COVID-19 pandemic.

Member for Forde, Bert van Manen, said the Commonwealth Government has provided more than \$2.7 million for establishment costs and service delivery to 2022.

“headspace Upper Coomera is a community asset that will provide young people with access to world-leading mental health support during some of life’s most difficult challenges. This is all part of the Australian Government’s plan to deliver more health services for the Northern Gold Coast,” Mr van Manen said.

Gold Coast Primary Health Network (GCPHN) has commissioned Lives Lived Well, who currently manage headspace Southport, to run the centre, for young people aged 12-25 in the local community.

GCPHN CEO Matt Carrodus, said the centre will provide a safe environment for young people to access a wide range of support, including mental health practitioners, GPs, alcohol and other drug professionals and vocational specialists. “On top of the many usual issues young people may be dealing with, the pandemic is also adding to their concerns, and this service is now here to help many young people through this difficult time,” Mr Carrodus said.

Lives Lived Well Board Chair, Damian Wright, said the opening of headspace Upper Coomera was the culmination of effective collaboration between all levels of government with the local community and stakeholders. “We are proud to be part of this new headspace centre and look forward to working closely with the Upper Coomera community to help young people access mental health support,” Mr Wright said.

headspace CEO Jason Trethowan said headspace wants all young people to have access to youth friendly mental health services no matter where they live. “The opening of headspace Upper Coomera means we can provide more young people with support closer to home, to help them get through tough times and get back on track.”

Upper Coomera headspace details

Phone: 07 5600 1999

Address: 1 Brygon Creek Drive, within the Brygon Creek Reserve Shopping Village

Opening hours: Monday to Friday, 9am to 5pm

Website: headspace.org.au/uppercoomera **Facebook:** www.facebook.com/headspaceuppercoomera

For information about headspace Southport: Ph: 07 5509 5900 <https://headspace.org.au/headspace-centres/southport>

For more information about headspace: www.headspace.org.au

Other Gold Coast residents who may need help with their mental health, alcohol or drug use during COVID-19 can access support through:

- HeadToHealth.gov.au
- The 24/7 Coronavirus Mental Wellbeing Support Service <https://coronavirus.beyondblue.org.au> or call 1800 512 348
- Their regular GP who can refer to Gold Coast Primary Health Network commissioned services: <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.