



## Media Release

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### headspace Swan Hill opens its doors

**15 February 2016**

**headspace** Swan Hill has opened its doors, after the completion of its site in Nyah Road. **headspace** offers free mental health and wellbeing services to young people aged 12-25 years.

“It’s exciting to open the doors to the service and begin welcoming young people of Swan Hill and surrounding communities,” said Ian Johansen, Manager for **headspace** Swan Hill.

**headspace** Swan Hill is one of a national network of headspace centres around the country and is led by Murray PHN with the assistance of a range of local agencies.

“It’s great that Swan Hill now has a **headspace** centre. From what we know of other centres, young people and their families have embraced **headspace**. We’re expecting nothing less for Swan Hill, and we have spent the last few months getting both the site and the staff ready to help young people and their families,” said Mr Johansen.

**headspace** offers a range of free services which are youth friendly and easily accessible. **headspace** aims to intervene early to assist young people before small problems become bigger and longer lasting. The team includes a range of staff who are trained and experienced in working with young people and the various issues they may be facing.

“We see a lot of young people at **headspace** for mental health issues such as anxiety and depression, drug and alcohol difficulties and also situational challenges such as relationship breakdowns. The key message we have for young people is that help is available, and that we’ve got your back,” said Johansen.

**headspace** Swan Hill will be open Monday to Friday 10am-6pm. Appointments can be made by calling the service on 03 4010 7100 or by dropping into **headspace** Swan Hill at 76 Nyah Road. For more information about **headspace**, visit [www.headspace.org.au](http://www.headspace.org.au).

### Media contact

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