

MEDIA RELEASE

Wangaratta headspace satellite progressing

Thursday 11 June 2020

This week, the lease for Wangaratta's new headspace satellite was signed. The satellite will be located at 44-46 Rowan Street, Wangaratta, with renovations already underway.

Gateway Health, headspace Albury Wodonga, headspace National and Murray PHN have been working collaboratively with young people in Wangaratta since last year, to ensure the forthcoming headspace satellite will be designed to meet local needs.

More than 1000 young people have had their say on the types of services they would like to access locally, including mental health alcohol and other drug support, and information on bullying.

Consultation has also taken place with other local businesses to help build an integrated support network and broaden the local services available to young people.

Throughout the satellite's establishment phase, local young people have been able to access support from headspace Albury Wodonga, delivered at NESAY.

Young people in Wangaratta can continue to access help and support through headspace Albury Wodonga until the new satellite is established by calling 02 6055 9555.

Gateway Health CEO Leigh Rhode says that Gateway Health is very much looking forward to expanding the headspace services provided in Wangaratta.

"We've been providing headspace services on a visiting basis for some time and know just how important and needed this service is to young people and their families in the local region.

"Community consultation has highlighted the importance of creating the right environment for young people and we're pleased to have had input into the tailor-made design and fit out of the Rowan Street facility.

"We can't wait for the doors to open and until then will continue to provide visiting services on a regular basis.

"Young people interested in joining the centre design team or the youth reference group for the centre are invited to contact headspace Albury Wodonga to express their interest", she said.

With a focus on early intervention, headspace provides young people aged 12-25 years old and their families with support at a crucial time in their lives – to help get them back on track and strengthen their ability to manage their mental health in future.

Murray PHN CEO, Matt Jones said mental health is a vital issue for young people.

"Statistics show that a quarter of all young people have experienced a mental health issue in the past twelve months.

"That's why it is important that young people get the help they need early, to gain the tools and skills to develop resilience and cope with life's challenges.

"We are also living through extraordinary times right now. In a year that has seen country Victorians face devastating bushfires and the long-term effects of drought, we are now coping with the effects of COVID-19.

"In times like this, it's important that we focus on what we can control and seek help if we need it", he said.

Young people who are having a tough time can visit the headspace website headspace.org.au for support and useful tips for dealing with stress, or call headspace Albury Wodonga on 02 6055 9555.

Contact details

Jackie Grant, Murray PHN Communications Specialist
0408 366312 or jgrant@murrayphn.org.au

Karina Kerr, headspace Albury Wodonga Centre Manager
0437 925 112 or karina.kerr@gatewayhealth.org.au