

# MEDIA RELEASE

## headspace Wangaratta delivering services

23 December 2020

Wangaratta's new headspace centre is about to open its doors, with an official launch for the community to be later held later in 2021.

Young people in Wangaratta needing help for their health and wellbeing can now access support from headspace Wangaratta.

Gateway Health, headspace National and Murray PHN have been working collaboratively with young people to ensure the new headspace Wangaratta centre will meet local needs.

The centre is located at 44 Rowan Street and from 4 January 2021, will be open four days a week from 9am-5pm on Mondays, Tuesdays and Thursdays and 10am-6pm on Wednesdays - offering services in mental health, work, school and study, and alcohol and other drug support.

The new service will be operated by Gateway Health and staffed by a combination of local workers and senior staff from headspace Albury Wodonga.

Gateway Health's CEO, Leigh Rhode, who has been working with Consortium partners and local providers, said, "It's exciting to be able to deliver services under the nationally-recognised headspace brand in a facility that's both integrated and supported by headspace Albury Wodonga.

"What's more exciting, is the location and design has been influenced by young people," she said.

Local young people involved in the establishment have advocated for a low-carbon footprint construction and worked with the builder on implementing the design, which includes a solar power system, extensive insulation, and skylights.

Stephanie Grant, a member of the Wangaratta Youth Council, described the driving force behind the sustainable design choice was climate change.

"Preserving the environment is arguably the biggest issue facing my generation," she said. "If we don't take small steps towards dealing with climate change now, we could be facing bigger issues in future.

"headspace's commitment in allowing us to create the design we wanted, has shown their genuine care and support for young people", Stephanie said.

headspace CEO Jason Trethowan said it was more important than ever that young people proactively engage in managing their mental health.

"headspace Wangaratta provides young people in the region with increased access to mental health support, which is particularly important right now, as young people face additional stressors due to COVID-19. headspace Wangaratta will be able to support local young people closer to home, to get through tough times and get back on track."

Murray PHN CEO, Matt Jones, said young people needed somewhere they could turn to for support.



“The headspace Wangaratta centre will provide a safe and confidential space for young people to access a broad range of services. Over the Christmas period, young people can access the same level of support from headspace using telehealth.

“Whether young people have concerns about their mental health, alcohol and other drug use, or work, school or study, trained clinicians will help them to receive the best available support,” he said.

Young people aged 12-25 years old and their families can visit the headspace website at [headspace.org.au](http://headspace.org.au) for support and resources, or call 1300 332 022 to access headspace telehealth services in Wangaratta and Albury Wodonga.

### **Contact details**

Jackie Grant, Murray PHN Communications Specialist

0408 366312 or [jgrant@murrayphn.org.au](mailto:jgrant@murrayphn.org.au)

Karina Kerr, headspace Wangaratta and headspace Albury Wodonga Centre Manager

0437 925 112 or [karina.kerr@gatewayhealth.org.au](mailto:karina.kerr@gatewayhealth.org.au)