

# MEDIA RELEASE

## headspace Echuca now open

31 March 2022

On Monday this week, headspace Echuca opened its doors at 451 High Street to provide face-to-face support to young people and their families. It is open weekdays from 9am to 6pm on Mondays, Tuesdays and Thursdays, and from 12pm-6pm on Wednesdays and 9am to 4pm on Fridays.

Young people have been involved in the development of headspace Echuca since it was first announced.

Billie Taylor, a young woman with a passion for mental health, was engaged by Murray PHN to help contribute to its decision on who would operate headspace Echuca.

Currently studying Law and Psychological Sciences, Billie has been an integral part of the implementation team, assisting the appointed operator of headspace Echuca, Echuca Regional Health with building design and fit out, and recruitment.

“Adolescence is an important time of young people’s lives. They can be impacted by a number of challenges on top of regular work and study commitments, so it’s crucial that young people get the care they need and as early as possible.”

headspace Echuca will offer support for mental health, physical and sexual health, work and study, and alcohol and other drugs. It is funded through Murray PHN, who has a significant focus on improving mental health in the region.

Echuca Regional Health interim CEO Robyn Lindsay said it had been great to work with and incorporate the ideas of young people in the development of headspace Echuca, “to keep their needs and preferences front and centre,” Robyn said.

Murray PHN CEO Matt Jones said the role of PHNs was to help support and integrate the work of health services such as headspace and Echuca Regional Health to ensure that people in local communities get the right care, in the right place, at the right time.

“It is vital that local services align and work together, particularly in our rural and regional catchment and in mental health, as people often find it challenging to locate the right level of treatment,” Matt said.

headspace CEO Jason Trethowan said headspace made it easy for young people to access youth friendly care tailored to the needs of young people.

“The past two years have been challenging for many young people, including young people living in regional areas,” Mr Trethowan said.

“In tough times, young people know they can turn to headspace for support with their mental health.

“Young people are resilient and with the right support can get back on track.”

Federal Member for Nicholls, Damian Drum said that the impact of the pandemic meant the need for mental health support had never been greater.

“headspace is recognised by young people, their families and communities as a trusted source of care and has played a vital role in ensuring young Australians are supported and continue to receive support during these challenging times.

“It has been good to see people seeking support they have needed to help manage their wellbeing and even better that young people in the Echuca region can now get that support locally,” he said.

In the Murray PHN region, headspace services are available to young people aged 12-25 years old in locations including Albury/Wodonga, Bendigo, Mildura, Shepparton, Swan Hill and Wangaratta. For support and resources, and contact details of local headspace centres visit [headspace.org.au](https://headspace.org.au)

A formal opening that will allow people to tour the centre, meet the team and learn more about its services will be announced at a later date.

### Contact details

- Jackie Grant, Murray PHN Communications Specialist [jgrant@murrayphn.org.au](mailto:jgrant@murrayphn.org.au) / 0408 366312
- Meaghan Sully, headspace Manager, Echuca Regional Health [msully@erh.org.au](mailto:msully@erh.org.au) / 0437 903 065
- Luke Griffiths, Media Adviser in the Office of the Hon. Damian Drum MP  
[Luke.Griffiths@aph.gov.au](mailto:Luke.Griffiths@aph.gov.au) / 0436 649 445
- Mark Kearney, headspace National [media@headspace.org.au](mailto:media@headspace.org.au) / 0413 025 385