

## MEDIA RELEASE

**4 MARCH 2019**

### **headspace Katherine Building Works to Commence**

“Building works at the new headspace site in Katherine are commencing this month,” said Jade Gooding, Anglicare NT Executive Manager of Mental Health.

The centre, managed by Anglicare NT, will provide mental health, drug and alcohol, work and study support to young people in the region.

headspace Katherine will be a hub for young people in the region, coordinating services and support to prevent young people from falling through the gaps.

“The headspace model is based on early intervention with the knowledge that adolescence and early adulthood is a critical time in a person’s life, with research showing that 75 per cent of mental health disorders emerge before the age of 25,” said Ms Gooding.

Work has been steadily progressing at the Katherine Terrace site and extensive consultations have taken place with young people and stakeholders in the local community to help shape the new service.

“The tender for fit-out works, worth over \$500,000, was awarded to IOF NT with Nilon Construction and Carpentry”.

“We are looking forward to welcoming young people and their families to the centre once the building work is completed,” said Ms Gooding.

“The internal fit-out of the centre will be welcoming, fun and youth friendly, incorporating valuable input from consultations already held with young people and community members.”

The new headspace centre is being established in Katherine in response to a community need for youth mental health support in the region. Following a tender process, Anglicare NT was selected to deliver the headspace Katherine centre, which is funded by the Australian Government under the PHN Youth Mental Health Program and the Northern Territory Government.

Since headspace was established in 2006, over 450,000 young people have accessed support from headspace centres across the country.

#### **FOR MEDIA COMMENTS OR INTERVIEWS**

To arrange interviews with Jade Gooding, Executive Manager Mental Health, please contact Anglicare NT Communications:

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