

# Media release



**headspace**<sup>®</sup>

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[headspace.org.au](http://headspace.org.au)

## headspace Darwin celebrates a decade of help for young Australians

15 June 2016

**headspace** Darwin will host one of the celebrations across Australia to mark the 10 year anniversary of **headspace**, with an afternoon tea and a number of fun activities.

The local community MP Natasha Griggs will join us to celebrate ten years since **headspace** first opened its doors and changed the face of mental health for young Australians.

**headspace** was created to make it as easy as possible for a young person aged 12 to 25 to get help when experiencing tough times with support for mental health, physical health (including sexual health), work or study issues and alcohol and other drugs.

Across Australia **headspace** has to date helped more than 250,000 young Australians. Young people have sought help at centres across Australia, over the phone and online at **eheadspace** up to 1.5 million times.

**headspace** Darwin Manager Rebecca Halsey said the Darwin centre was proud to celebrate their achievements since opening in 2007 and the decade of support provided for young people nationally.

“We are proud to celebrate ten years of **headspace** in Australia and provide access for young people in Darwin - a place created just for them, a place built with a decade of input from young people like them, a place with a name they know and a place where they can feel safe,” Rebecca said.

In 2015 **headspace** Darwin staff supported more than 450 young people and 337 of those were new clients.

**headspace** Darwin provided around 1865 services for young people and the average number of services accessed per young person was 4.1.

**headspace** CEO Chris Tanti said he is proud **headspace** has helped traditionally marginalised groups of young people and made a difference to their lives.

“Getting help takes a lot of courage and we’ve made it easier for young people to come to the one place with all the support they need.

“We support a diverse group experiencing a tough time, including high numbers from regional and rural areas, those identifying as LGBTIQ and Aboriginal and Torres Strait Islander young people,” Chris said.

If you are having a tough time contact **headspace** on 1800 650 890 or [www.eheadspace.org.au](http://www.eheadspace.org.au).

**headspace** operates 94 centres across Australia, for details visit [www.headspace.org.au](http://www.headspace.org.au).

\*Social Policy Research Centre, USNW Australia, 2014.

### For further information contact:

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