



8 October 2018

New headspace research reveals alarming levels of psychological distress in young Australians

headspace National Youth Mental Health Foundation has revealed alarming new data on the levels of psychological distress amongst young Australians¹. The research is released on the third annual headspace day, as part of National Mental Health Week.

- Nearly one in three (32%) young Australians (12 to 25 year olds) are reporting high or very high levels of psychological distress – more than treble the rate in 2007² (9%).
- Rates of distress are significantly higher amongst young *women* (38% compared to 26% of young men).
- 18 to 21 year olds are reporting the highest levels (38% compared to 20% of 12 to 14 year olds)

Jason Trethowan, CEO of headspace National says, “This new research has revealed a deeply concerning increase in the levels of psychological distress currently being experienced by young people throughout Australia. The figures are too high to be ignored or not be taken as serious warning that the mental wellbeing of our future generation needs to be prioritised, nurtured and safeguarded.”

Jade Gooding, Executive Manager Mental Health at Anglicare NT recognises that one of the most vulnerable times for young people to experience mental health issues is between 18 and 24 years of age. At this stage, young people face a unique set of life challenges: transitioning from school to study or work, moving out of home and relationship break-ups, which can all make it challenging to stay in a healthy state of mind.

“The services offered at headspace Darwin are tailored to suit the needs of young people aged 12-25 years. Our services cover mental health, physical health, work and study support as well as alcohol and other drug services,” said Jade.

“Our youth early psychosis program (hYEPP) provides a wrap around service for young people who are at risk or currently experiencing psychosis. In addition, we provide a wide range of supports including a family and peer support group. We offer regular group activities including yoga, therapy dogs, cooking, healthy relationships, art, mindfulness and managing anxiety.”

“We are opening our doors for everyone to experience what happens at headspace Darwin this Thursday 11 October from 2pm – 6pm to celebrate headspace Day. We encourage anyone interested in learning about our services and seeing the amazing spaces designed by local young people to come and meet us.”

headspace Darwin is located at 13-17 Scaturchio Street, Casuarina.

¹ headspace National Youth Mental Health and Wellbeing Survey. K10 Psychological Distress Score, 2018

² National Survey of Mental Health and Wellbeing, ABS, 2007

National headspace Day's core messaging involves discussions surrounding mental health and how to proactively look after yourself.

The 7 healthy headspace tips are to:

1. Get into life and do stuff that's important to you
2. Learn new ways to handle tough times
3. Build close and connected relationships
4. Eat well
5. Stay active
6. Get enough sleep
7. Cut back on alcohol and other drugs

FOR COMMENTS OR INTERVIEWS

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

MEDIA CONTACT

Anglicare NT Communications:

Lila Loveard – 08 8985 0091 or 0409 222 143.
communications@anglicare-nt.org.au