

MEDIA RELEASE

HEADSPACE CALLS FOR IMMEDIATE ACTION TO SAFEGUARD YOUTH MENTAL HEALTH

headspace day 2021 encourages young people to focus on future with small steps that support their mental wellbeing

6 October 2021

On headspace Day 2021, headspace Darwin and headspace Katherine urge young people to start taking small, everyday steps that support their mental health and wellbeing.

The call to action follows the release of new headspace research that shows more than half of young Australians still deal with personal problems on their own, rather than speaking to someone (53%).

The headspace National Youth Mental Health Survey also found three in five young people feel there is still stigma around seeking help for a mental illness (61%).

headspace CEO Jason Trethowan says the events of the past 18 months have put added stress on the mental health and wellbeing of many young people.

"We know young people have been disproportionately affected by this pandemic with major changes to their study, home and social lives," Mr Trethowan said.

"That's why we are so concerned that many young Australians continue dealing with their problems on their own instead of reaching out for help.

"We want young people to know there is always someone you can talk to – be it a trusted adult in your life, a friend, a family member or a service like headspace. You don't need to go it alone."

Mr Trethowan says it's never been more important for young people to implement healthy habits that support mental health.

Anglicare NT CEO, Dave Pugh said that getting support early can reduce the chance of young people developing more serious problems.

"We encourage young people and their families to reach out early. With the right interventions, services can help to reduce the length and severity of a mental health issue and minimise the likelihood of it becoming more complex."

"headspace Darwin and headspace Katherine are free services for young people aged 12 to 25 years. Qualified staff at both centres are here to help young people with their mental health and wellbeing."

Anglicare NT Executive Manager, Mental Health, Jade Gooding encourages all young people to take small steps that are right for them.

"There are a number of things you can do to help look after and maintain your mental health and wellbeing. These include staying active, doing things you enjoy, connecting with family and friends, eating well, learning ways to handle tough times, getting enough sleep and cutting back on alcohol and other drugs."

-ENDS-

If you, or someone you know, is going through a tough time, you can contact:

- headspace Darwin: 8931 5999
- headspace Katherine: 8912 4000
- NT Mental Health Line: 1800 682 288

Some other helpful resources include:

- eheadspace: <https://headspace.org.au/eheadspace>
- Lifeline (24/7): 131 114
- Kids Helpline (24/7): 1800 551 800
- Beyondblue (24/7): 1300 224 636
- Brother to Brother (24/7 Support for Aboriginal Men): 1800 435 799
- MensLine (24/7): 1300 789 978

About headspace day

headspace day is a National Day of Support for the mental health and wellbeing of all young Australians. At headspace centres in Darwin and Katherine, we will be hosting a range of fun activities developed by and for young people.

This year, we want everyone to know that small steps start big things. We are encouraging all young people to take small steps that are right for them and to create some time and space to focus on the things they love.

Spending five or ten minutes each day on something that helps them to slow down a little, create a routine, connect with someone or take a moment to breathe.

What are our tips for maintaining a healthy headspace?

Our seven tips for a healthy headspace are:

1. get into life
2. learn skills for tough times
3. get enough sleep
4. create connections
5. eat well
6. stay active
7. cut back on alcohol and other drugs.

FOR COMMENTS OR INTERVIEWS

To arrange interviews with Jade Gooding, Executive Manager Mental Health, or headspace Youth Ambassadors, please contact Anglicare NT Media team.

MEDIA CONTACT

Lila Loveard – 08 8985 0000 or 0409 222 143

 @Anglicare

 /AnglicareNT