

## MEDIA RELEASE

### INCREASED FUNDING FOR YOUTH MENTAL HEALTH IN THE NT

22 March 2022

Anglicare NT welcomes the announcement yesterday by the Commonwealth and Northern Territory governments of a \$5.7 million investment into two headspace centres. The funding will boost staff and resources, enabling more young Territorians to access appropriate mental health services.

Anglicare NT CEO Dave Pugh said that access to mental health services across the Territory is a significant issue.

"The number of young people accessing our headspace centres is continuously high and wait times can occur. We hope this funding will allow more young people to get mental health and wellbeing support as early as possible."

"We know that getting support early can reduce the chance of a young person developing more serious problems. So, it's incredibly important that our services can meet the level of demand."

"The events of the past two years have put added stress on the mental health and wellbeing of many young people. We know young people have been disproportionately affected by the pandemic with major changes to study, home and social lives."

"Young people who are struggling need to know there is always someone they can talk to – be it a trusted adult, a friend, a family member or a service like headspace. They don't need to go it alone."

Jade Gooding, Anglicare NT Executive Manager Mental Health said she hoped the funding would support mental health services for young people to expand into all regions of the Northern Territory.

"Young people across the whole NT need to be able to access mental health supports, not just those living in the main population centres," said Ms Gooding.

"Anglicare NT is looking forward to working with the NT Government and NT PHN regarding the implementation of the services."

Anglicare NT offers mental health and wellbeing support for young people aged 12 to 25 years through headspace centres in Darwin and Katherine. Planning is currently underway for the development of a new headspace centre to be based in Palmerston.

### FOR COMMENTS OR INTERVIEWS

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

### MEDIA CONTACT

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