

MEDIA RELEASE

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OFFICIAL OPENING OF HEADSPACE PALMERSTON

Young people aged 12 to 25 will have access to a youth friendly, free and confidential mental health and wellbeing service, with headspace Palmerston opening on Thursday 20 October.

headspace Palmerston is managed by Anglicare NT, who have successfully operated headspace Darwin for the past fifteen years and headspace Katherine for three years.

Anglicare NT CEO Dave Pugh said the new hub builds on a regular headspace service that has been delivered to the Palmerston region three days a week by headspace Darwin.

"We are excited to have a base back in Palmerston," said Mr Pugh.

"Before relocating to Casuarina, our original headspace centre was in Palmerston. Now young people here can visit headspace Palmerston any day of the week to get the mental health support they need."

The new service has been developed through an intensive co-design process with young people, families, Elders, local stakeholders and friends from the Palmerston and rural areas. A Youth Reference Group provided advice on the overall look and feel of the new service.

Larrakia man Uncle Tony Lee provided ongoing advice and support around how headspace Palmerston can best meet the needs of Aboriginal and Torres Strait Islander young people and communities. Artworks by local Larrakia artists Taleena Lui Villaflor and Trent Lee are featured at the new service.

Centrally located on Palmerston Circuit, headspace Palmerston will play a critical role in providing much needed support to young people, families and the community more broadly.

"Getting help early is really important for young people," said Mr Pugh.

"Research shows that 75% of mental health issues emerge before the age of 25, so it's critical that appropriate and accessible services are there for young people."

Jason Trethowan, headspace CEO, said headspace provides a space for young people and their families to get vital support during challenging times.

"Young people and their families have the right to safe and inclusive support available at services like headspace. headspace Palmerston will be a welcome addition to the local community, providing young people and their families in the area with a space designed by them and dedicated to them that they can go to for help."

headspace Palmerston is funded by Australian Government and commissioned through the Northern Territory Primary Health Network who have committed to improving the mental health of Territorians.

Gillian Yearsley, NT PHN CEO, said the new centre would address the needs of the Palmerston region.



"This centre considerably extends the reach of youth mental health services in the NT. Not only will the Palmerston community benefit, but also the rural communities that surround it. We are very proud to be able to support and fund this fantastic service."

Northern Territory Senator Malarndirri McCarthy, Assistant Minister for Indigenous Health, is also encouraged by the new service.

"Reaching out for help takes courage, but young Territorians are resilient and with the right supports like headspace Palmerston, they can go on to live happier, healthier lives."

headspace Palmerston is located at 11 Palmerston Circuit, Palmerston and operational Monday to Friday.

FOR COMMENTS OR INTERVIEWS

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

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