

# media release

## Doors open on new headspace Devonport as part of north west expansion

**3 November 2020**

The doors are now open at the new headspace centre in Devonport, improving access to mental health services for young people living in north west Tasmania.

It comes after the Australian Government provided funding to expand the headspace Devonport satellite to a full centre, and transfer the former satellite service to Burnie.

This service expansion will make it easier for young people in the north west (aged 12 to 25 years) to get the mental health support they need, when they need it, within their local community.

It also means each of Tasmania's three regions – south, north, and north west – now has its own full headspace centre.

The new, centrally located Devonport facility was shaped with input from young headspace volunteers, who helped pick out Tasmanian-themed artworks and informed the look-and-feel of spacious new counselling rooms.

Cornerstone Youth Services will operate the Devonport and Burnie services and has been working with headspace National and Primary Health Tasmania to get the expanded north west services on the ground.

Federal Member for Braddon, Gavin Pearce MP, welcomed the opening of headspace Devonport and said local access to mental health support could change a young Tasmanian's life.

"Young people in Tasmania's north west want to reach their full potential, and it's up to us to support them to do that by providing local access to appropriate mental health support," Mr Pearce said.

Cornerstone Youth Services chief executive David O'Sign said the new Devonport centre will be a welcoming and safe fixture for young northwesterners during a turbulent year.

"The COVID-19 pandemic has been hugely disruptive for young Tasmanians, affecting the way they study, socialise, and work," Mr O'Sign said.

"We want young people in the north west to know that our service will be there for them as a steady source of support as they deal with the lingering impacts of the pandemic, and beyond."

Primary Health Tasmania CEO Phil Edmondson said the opening of the full headspace Devonport centre at 35 Oldaker Street was a crucial step towards strengthening youth mental health support, as well as prevention, across Tasmania.

"It's vitally important that young Tasmanians, whether they're in central Hobart or up on the north west coast, have easy access to the support they need," Mr Edmondson said.

“This expansion is about removing all the barriers we can that might stop a young Tasmanian reaching out for help, and providing the tools they need to realise their goals.”

headspace CEO Jason Trethowan agreed all young Australians should have access to mental health services tailored to their needs, irrespective of where they live.

“Our research suggests roughly one in three young Australians are experiencing high or very high levels of psychological distress,” he said.

“Providing mental health support on a local level is so important in helping young people get the support they need to get back on track.”

Experienced staff including psychologists, social workers, and vocational support workers will be on hand at the new Devonport facility, which will also provide access to other services such as alcohol and other drug support.

Building work is progressing for the satellite service in Burnie, which is expected to open early in the new year.

**- ENDS -**

## About headspace

headspace is the National Youth Mental Health Foundation providing early intervention mental health services to 12-25 year olds. Each year, headspace helps thousands of young people access vital support through our headspace centres in 124 communities across Australia<sup>[1]</sup>, our online and phone counselling services, our vocational services, and our presence in schools. headspace can help young people with mental health, physical health (including sexual health) alcohol and other drug services, and work and study support. Centre details, as well as factsheets and resources for young people and their families and friends, can be located on the headspace website: [headspace.org.au](https://www.headspace.org.au)

<sup>[1]</sup> As at September 2020 and inclusive of licensed headspace centres, satellites and outposts