

# media release

## New headspace satellite service opens in Burnie

**Monday 18 January 2021**

Young Tasmanians living in the Burnie region now have greater access to mental health support with the opening of a brand new headspace satellite service in their local community.

The new headspace Burnie satellite service will offer mental health, alcohol and other drug, and education and vocational support, and mean young people aged between 12-25 years who live in and around Burnie won't have to travel to Devonport to access in-person headspace services.

headspace Burnie opens after the Devonport satellite was upgraded to a full centre last November as part of an Australian Government-funded push to improve access to headspace services for young Tasmanians living in the north west.

headspace Devonport and headspace Burnie centre manager Deirdre Brown said she and her team were thrilled to be able to offer a safe, youth-friendly, and accessible space to young people in Burnie.

"There's no doubt that the Burnie community has been looking forward to today," Ms Brown said.

"We're proud to be part of bolstering the mental health services available to young Tasmanians living on the north west coast."

Cornerstone Youth Services, which already runs headspace Devonport and has been working with headspace and Primary Health Tasmania to get the expanded north west services on the ground, will operate the new Burnie service.

The new satellite service is in the same building as Cornerstone Youth Service's own Burnie office, meaning young people will be able to access a wide range of youth-specific mental health services at a single address.

This kind of bricks-and-mortar presence in a regional community can make a real difference when it comes to reducing stigma around mental illness, Primary Health Tasmania spokesperson Grant Akesson said of the Mount Street satellite.

"You can't underestimate the power of visibility, and to its immense credit, headspace has done a wonderful job of making sure its services are well-known and easy to recognise," Mr Akesson said.

"By opening this satellite service in Burnie, we're signalling to young people in the community that their mental health matters, and there are services available to help them through tough times."

headspace Burnie will work alongside representatives from other local services such Youth, Family and Community Connections and City Mission.

headspace accepts referrals from any source, including self-referrals, family or friends, schools, health professionals, and community service providers.

Contingency arrangements are also in place to ensure people unable to use the stairs can receive support from the Burnie satellite service despite COVID-19-related freight backlogs delaying the arrival of an elevator from overseas.

A community event is slated for early 2021 to celebrate the launch of the new satellite service, which will be open Monday to Friday during usual business hours.

Find out more at the headspace Burnie website.

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## **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 fact sheets and resources for young people and their families and friends, can be located on the headspace website: [headspace.org.au](https://headspace.org.au)

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

## **About Primary Health Tasmania**

Primary Health Tasmania (Tasmania PHN) is a non-government, not-for-profit organisation working to connect care and keep Tasmanians well and out of hospital, under the Australian Government's primary health networks program.

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