

Media release

Friday 8 March 2024

Provider selected for new youth mental health services

Experienced mental health service provider EACH has been selected as the lead agency to deliver two new headspace youth mental health services in Tasmania.

Primary Health Tasmania (Tasmania PHN) is overseeing the establishment of a statewide youth early psychosis service and a new headspace centre on Hobart's eastern shore, and has selected EACH to operate these services.

The free services are funded by the Australian Government under the Primary Health Networks Program.

Assistant Minister for Mental Health and Suicide Prevention Emma McBride said: "The Albanese Government is growing the headspace network, including the important early psychosis program, to help young Australians with their mental health.

"We know demand for these services is growing and that early intervention is important for young people in distress or showing early signs of mental ill-health.

"Early intervention can help reduce the duration and impact of mental illness, and I would encourage young people on Hobart's eastern shore and the surrounding region to seek help when they need it."

Federal Member for Franklin Julie Collins also welcomed the announcement: "I have been a big advocate for headspace Eastern Shore from day one, and I am pleased that this project in our electorate of Franklin is one step closer to fruition.

"I am proud to be part of a Government that is supporting young Tasmanians who might be dealing with mental health and wellbeing because I know that early intervention is important for young people in distress.

"The new headspace will deliver on the important commitment the Albanese Labor Government made before the last election.

"The Albanese Labor Government committed to grow the network to 173 services by 2025-26 and is investing more than \$290 million in the program in 2023-24."

Primary Health Tasmania spokesperson Alison O'Neill says EACH was selected following an open tender process which attracted a strong field of applicants.

"EACH has a strong track record in the delivery of community-based mental health, counselling, health, disability and housing support services in Queensland, New South Wales, Victoria and the ACT," Mrs O'Neill says.

"The organisation will work with young people, local communities and agencies as well as Primary Health Tasmania, headspace National and Orygen to establish and operate both services."

Timing of the commencement of both services will depend on workforce recruitment and suitable premises being secured.

EACH CEO Natalie Sullivan says the organisation has been providing community-based mental health services for 50 years.

“Partnerships are at the heart of how we work – we are thrilled to now partner with Primary Health Tasmania, headspace and of course young people and their communities to deliver these vital services,” Ms Sullivan says.

The **headspace Early Psychosis** service will be integrated with headspace centres to provide early intervention treatment and support to young people aged 12 to 25 years who are at high risk of or actively experiencing their first episode of psychosis. It will use Orygen’s Early Psychosis Prevention and Intervention Centre (EPPIC) model. The service is expected to be gradually rolled out around the state (Hobart, Launceston, Devonport and Burnie) between late 2024 and 2026.

headspace centres act as a one-stop-shop for young people (aged 12 to 25) who need help with mental health, physical health (including sexual health), alcohol and other drugs, or work and study support. There are currently three headspace centres operating in Tasmania in Hobart, Launceston and Devonport, with a satellite site in Burnie. It is anticipated **headspace Eastern Shore** will open in 2025.

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About psychosis

- Psychosis is a term for a range of symptoms where a person’s beliefs, thoughts, feelings, senses and behaviours are altered. Psychosis can cause someone to misinterpret or confuse what’s going on around them. ([source](#))
- Around 0.4% of Australians aged 18 to 64 (around 64,000 people) are affected by psychotic illness. ([source](#))
- Around 50% of people who develop a psychotic disorder will do so by the time they are in their early 20s. ([source](#))
- It can be treated, and many people can make a good recovery. ([source](#))
- The earlier symptoms are recognised and help sought, the better for recovery. ([source](#))

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. It was established under the Australian Government’s Primary Health Networks Program to support and enable a coordinated, primary care-focused health system.

For media interviews, contact:

Primary Health Tasmania: Jenny Denholm (0418 773 233)

EACH: Eleanor McLeod (0457 881 771)

Assistant Minister McBride: Darcy Daley (0458 961 534)

Minister Collins: Alex Sykes 0492 302 626

Mental health reporting

Please include the following crisis support services for any story regarding mental health or suicide:

Lifeline: 13 11 14 www.lifeline.org.au

Suicide Call Back Service: 1300 659 467 www.suicidecallbackservice.org.au

beyondblue: 1300 22 4636 www.beyondblue.org.au

More information on safely reporting on mental illness or suicide can be found at:

mindframe.org.au and www.tascharter.org

Primary Health Tasmania Limited
1300 653 169
info@primaryhealthtas.com.au
ABN 47 082 572 629