

media release

New headspace site boosts local support

Monday 22 April 2024

Young people living in northern Tasmania are enjoying better access to free mental health support following the relocation of headspace Launceston to new, larger premises.

Australian Government funding provided through Primary Health Tasmania (Tasmania PHN) has seen the centre move to a new site which almost doubles the area available for support activities.

The new site on the first floor of 24 Wellington Street was officially opened today by the Assistant Minister for Mental Health and Suicide Prevention, Emma McBride MP.

Anthea Cooper, CEO of Cornerstone Youth Services – the lead agency that operates headspace Launceston – said the centre had been operating at its previous site for 15 years, and opened the doors of its new premises at the end of 2023.

“The new centre has an extra four counselling rooms, including a large family room, a GP room and two nurse rooms,” she said.

“We also have a dedicated telehealth room for the first time, which boosts our ability to support young people who can’t make it into the centre.

“The extra rooms and bigger spaces mean more flexibility in how services can be delivered – there is now room for family members or friends to attend appointments with a young person, and for group sessions to be held.

“It means more young people can be seen by more staff at once. As a result, there are now more appointments available.

“It’s all about making it as easy as possible for people aged 12 to 25 to seek and receive the help they need, when they need it.”

Volunteers on headspace Launceston’s Youth Reference Group, including Jasmine Ellis and Reede Adams-Beckett, helped guide the look and feel of the new centre. Both Jasmine and Reede are former headspace Launceston clients.

Jasmine said everyone at headspace wanted to make sure the new premises felt like a welcoming and safe space for young people.

“The Youth Reference Group is the youth voice for headspace – it underpins everything headspace does,” she said.

“When it came to the new headspace premises, there were a lot of decisions to be made about things like the set-up of the waiting room – including what furniture we should have, and how it could be inclusive and accessible for everyone.

“We wanted to make the waiting room a really welcoming, comfortable and safe environment, especially for people who might be a bit nervous about coming in for the first time.”

The Youth Reference Group’s influence can be seen in the beanbags, fidget spinners, phone-charging points and coffee station in the waiting room. There is locally sourced art throughout the centre and plenty of natural light.

For Reede, also a former client, some of the best features of the new premises are the quiet, low-stimulus environment and bigger spaces.

“Young people coming to headspace are often having a rough time and feeling vulnerable,” he said.

“If you’re feeling a bit nervous around other people, like I was, you don’t want to be sitting close to other people. The new waiting area is bigger and there’s a quiet space off to the side.”

A proud First Nations person, Reede also loves the photos on the outside of the counselling rooms which feature local landscapes, identified with Aboriginal place names.

Jason Trethowan, headspace National CEO, said: “headspace Launceston has successfully delivered services in this area since opening its doors in 2008. This new centre will provide young people and their family with the opportunity to receive support in a comfortable and welcoming environment.

“We are excited to welcome the community into the new space, which was designed with young people, for young people.”

headspace Launceston is open Monday to Friday and accepts referrals from any source, including self-referrals. This is an early intervention service for people aged 12-25 with mild to moderate mental illness. headspace also offers help with physical health (including sexual health), alcohol and other drug services, and work and study support.

Online and telephone service eheadspace is available seven days a week between 9am and 1am, providing confidential support to all Australians aged 12-25 years and their families. People can register for eheadspace at www.eheadspace.org.au, or phone 1800 650 890.

Young people looking for someone to talk to immediately can call Lifeline on 13 11 14 or Kids Helpline on 1800 55 1800, any time of the day or night.

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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. headspace has 160 centres across Australia in metropolitan, regional and remote areas, as well as online and phone support services through eheadspace. 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

headspace services are funded by the Australian Government through Primary Health Networks (PHNs). The Tasmanian PHN is Primary Health Tasmania. PHNs are experts in the local mental health service landscape and commission ‘lead agencies’ to deliver the services.

Cornerstone Youth Services operates headspace centres in Launceston and Devonport and a satellite service in Burnie. The Link Youth Health Centre operates the headspace centre in Hobart.