

# Media release

Wednesday 30 July 2025

## Site for new headspace centre on Hobart's eastern shore

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**Young people living on Hobart's eastern shore are a step closer to having a local headspace centre following the signing of a lease for premises.**

Primary Health Tasmania general manager Alison O'Neill said **headspace Eastern Shore** will be located near the Eastlands shopping centre, at 120 Cambridge Road – formerly a Baby2Kids retail store.

"This is a central location with great public transport options and within walking distance of Rosny College," Mrs O'Neill said.

"The next step is to fit out the site in line with headspace service requirements, and in consultation with the young people who will be using the centre.

"With the site now confirmed, service provider Each will be able to take its community engagement activity to the next level to make sure the centre and services offered from it reflect local needs.

"The centre will open once the fit-out is complete and a clinical workforce has been recruited – we're working towards having the centre open and delivering services to the community by the end of the year."

The Australian Government funds headspace centres, which offer free services to young people (aged 12 to 25) and families who are looking for mental health, physical health (including sexual health), alcohol and other drugs, or work and study support.

The Federal Member for Franklin, Julie Collins, said: "I know that sadly the mental health of young Tasmanians is a serious and growing issue in our local community and across the state.

"headspace Eastern Shore will offer free, wrap-around mental health support and care to our young people, helping to give them the tools they need to thrive.

"I have long been advocating for this much-needed service for our local community, and I am so pleased to see that this election commitment from the Albanese Labor Government is one step closer."

As well as providing the full range of regular headspace services, the new centre will be the base for Tasmania's first dedicated service for young people who are at high risk of or actively experiencing their first episode of psychosis. This service will be known as headspace Early Psychosis.

Each and Primary Health Tasmania are working closely with headspace National to set up the new centre, consulting with Orygen about implementing the headspace Early Psychosis model of care.

Each CEO Natalie Sullivan said Each has been recruiting key clinical roles that will support young people and families when the centre opens later this year.

"Each is committed to building a strong team for young people and their families on the Eastern Shore and attracting dedicated, experienced staff who can work with young people to make positive change happen," Ms Sullivan said.

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### **Background: headspace services**

- There are currently three headspace centres operating in Tasmania in Hobart, Launceston and Devonport, with a satellite site in Burnie.
- headspace centres are operated by 'lead agencies' – in Tasmania they are Cornerstone Youth Services (Launceston, Devonport and Burnie), The Link Youth Health Service (Hobart), and Each (Hobart's Eastern Shore).
- Funding of headspace centres is administered by the centre's local Primary Health Network – in Tasmania, this is Primary Health Tasmania (Tasmania PHN).
- More information about headspace services in Tasmania is available on Primary Health Tasmania's [Services Portal](#).
- Young people and their families can access eheadspace – a free online and phone support service, which is open extended hours every day and staffed by experienced youth mental health professionals. Call 1800 650 890 or go to [headspace.org.au/online-and-phone-support](https://headspace.org.au/online-and-phone-support).

### **Background: headspace Early Psychosis**

- headspace Early Psychosis will 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.
- The free and confidential service will use Orygen's Early Psychosis Prevention and Intervention Centre (EPPIC) model.
- 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.

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### **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](https://www.lifeline.org.au)

Suicide Call Back Service: 1300 659 467 [www.suicidecallbackservice.org.au](https://www.suicidecallbackservice.org.au)

beyondblue: 1300 22 4636 [www.beyondblue.org.au](https://www.beyondblue.org.au)

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

[mindframe.org.au](https://mindframe.org.au)