

Media release

Monday 22 December 2025

New headspace centre opens on Hobart's eastern shore

Young people living on Hobart's eastern shore have a new option for local mental health support with the opening of a headspace centre in Rosny Park.

headspace Eastern Shore – located at 120 Cambridge Road, near the Eastlands shopping centre – opened its doors today, with Member for Franklin the Hon. Minister Julie Collins MP stopping by for a visit and to meet staff.

The new centre is open Monday to Friday, and no referral is needed – people can simply walk in, ring the centre on 6219 9870, or email hello@headspaceEasternShore.com.au

The Australian Government funds the Tasmanian headspace centres through Primary Health Tasmania (Tasmania PHN), and Primary Health Tasmania has commissioned service provider Each to establish and operate headspace Eastern Shore.

Minister Collins said: "I'm proud to see this headspace centre open its doors ahead of the festive season, when we know feelings of stress, loneliness and anxiety can be heightened for many young people.

"This is an election commitment I made to young people on Hobart's eastern shore, and I'm pleased to see it's been delivered on.

"The fact that young people can simply walk in makes a real difference – it removes barriers and helps young people get support earlier.

"This is a major boost for the local community and an important investment from the Albanese Labor Government in the mental health and wellbeing of young people aged 12-25."

Each CEO Ms Natalie Sullivan said: "This new centre offers free services to people aged 12 to 25 and families who are looking for support with mental health, physical health, alcohol and other drugs, or work and study.

"Our team has been listening to the local community and working hard to make sure the centre is a welcoming space that will meet the needs of the people who will be using it.

"All of our centre staff are experienced in working with young people and are ready to offer support, whether it's just having a chat or providing expert health and mental health care."

Primary Health Tasmania general manager Mrs Alison O'Neill said: "Around one in five Tasmanians will experience mental health challenges in any year, and we know the demand for mental health services continues to increase.

"We have no doubt this new service will be welcomed and well used by the local community."

Each and Primary Health Tasmania worked closely with headspace National to set up the new centre.

headspace National CEO Jason Trethowan said: "The opening of headspace Eastern Shore is positive news for young people and families on Hobart's Eastern Shore who need specialised support for their mental health and wellbeing.

"Mental ill-health can present significant challenges for young people and their families. But with early intervention and the right support, recovery is possible - and headspace is here to help young people build skills and confidence for a meaningful future."

More about headspace

- Tasmania now has five headspace centres – in Hobart (one in the central Hobart and one on the eastern shore), Launceston, Devonport and Burnie.
- Young people and their families can also 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.
- More information about headspace services is available [here](#).

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