

# media release

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**13 April 2021**

## **Official opening of headspace Sale**

Community leaders, headspace staff, service providers and local young people gathered on Tuesday 13 April 2021 to celebrate the official opening of a new headspace site in Sale.

headspace Sale provides support for mental health, work and study, and alcohol and other drugs to young people aged 12-25 years in the Wellington Shire. The site has capacity for a General Practitioner (GP) to provide services on-location. It is anticipated that a GP will be located on site in a part time capacity in the near future. headspace Sale is operated by Relationships Australia Victoria (RAV) with support from contract manager, Gippsland Primary Health Network (Gippsland PHN) and a consortium of 11 local service providers.

RAV has been providing community mental health support services in Gippsland and across Victoria for many years and is also the lead agency for the existing headspace services in Bairnsdale and Wonthaggi.

Gippsland PHN Chief Executive Officer, Amanda Proposch, said the official opening of the new site was a welcome addition to services in the Wellington community.

Ms Proposch said the coronavirus pandemic had created a stressful and uncertain time for many young people. "Support is vital and we know young people in Wellington have been reaching out to headspace.

"Since opening, initially through telehealth and online, and then face-to-face with the easing of coronavirus restrictions, headspace Sale has been embraced by many young people in our community."

The event began with a Welcome to Country and Smoking Ceremony, performed by Sandra Neilson and speeches by RAV Chief Executive Officer Dr Andrew Bickerdike, Ms Proposch, headspace Chief Operating Officer Julia Smith, and Youth Advisory Group Co-Chairperson Charlee Vernon.

headspace Sale has been warmly welcomed by the Wellington community since it commenced in June 2020, providing over 170 services, in-person and online.

Dr Bickerdike said, "After a very challenging year, it was heartening to be attending the official launch of the headspace Sale site in-person, together with consortium partners.

"Since opening in June 2020, this service has been a very important support to young people in the Wellington Shire community, especially during the coronavirus pandemic and I thank everyone for welcoming us so warmly into the community."

Speaking at the launch event on behalf of headspace National, Ms Smith highlighted the need for services like headspace in local communities to support young people through challenging periods of their life and to get back on track.

"Since establishment in 2006, we have helped more than 600,000 young people who walked through the headspace doors," she said.

"Young people trust headspace. No matter how big or small the issue, young people know they can receive the support they need. We're incredibly proud to now offer that support to young people and their family and friends in the Sale community."

Following the official proceedings, attendees toured the site, chatting with headspace staff and a member of the Youth Advisory Group about the new site and its services.

Ms Vernon said, "It is truly amazing to see this service set up. headspace Sale is a huge benefit for the Wellington Shire and I am so glad to have helped bring it to the community."

headspace Sale operates on Tuesdays from 12 noon to 8pm, and on Wednesdays and Thursdays from 10am to 6pm and can be contacted by calling (03) 5184 5000 or emailing [info@headspacesale.org.au](mailto:info@headspacesale.org.au)

### **END OF RELEASE**

*Gippsland PHN is part of a national network of 31 Primary Health Networks across Australia. Primary Health Networks are predominantly funded by the Australian Government to tackle identified national objectives and local priority areas. Visit: [gphn.org.au](http://gphn.org.au)*

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### **About headspace**

headspace is the National Youth Mental Health Foundation providing early intervention mental health services to young people aged 12-25 years. Each year, headspace helps thousands of young people access vital support through our headspace services in 130 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. For locations of headspace services, as well as factsheets and resources for young people and their families and friends, please visit the headspace website: [headspace.org.au](http://headspace.org.au)

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[1] As at March 2021 and inclusive of licensed headspace centres, satellites and outposts