

Media release



SESLHD media contacts: Kate Sikora, 0421 618 793 or Deborah Field, 0411 730 842.

Saturday, May 28, 2016

Bondi Junction is the place for your *headspace*

headspace Bondi Junction has been officially launched, offering a range of accessible, free and confidential services for young people ages 12 to 25 who are going through a tough time.

A launch ceremony was held on Saturday, May 28 for the **headspace** Centre in Bronte Road, Bondi Junction.

headspace Bondi Junction was opened by government and **headspace** stakeholders and some of the young people who have been involved in the establishment of the service.

Community leaders, Consortium partners and local **headspace** staff also celebrated the event.

headspace Bondi Junction Manager James Isles said **headspace** aims to intervene early to assist young people with their mental health and wellbeing and assist them to link in with services and supports, all on the one site.

"It's exciting to open the doors and welcome young people from the local area to our **headspace** service here at Bondi Junction," Mr Isles said.

"The site where we are located provides an opportunity to work from a youth friendly space, in collaboration with other youth services within the area.

"We have seen many young people seeking support since we opened at the beginning of May," Mr Isles said.

Bondi Junction was announced as a **headspace** location in 2013/14.

"We're now open in the Eastern Suburbs and the message we have for young people is that there is no issue too small to see us about.

"Common issues are anxiety and depression, substance use, bullying and family conflict.

"The sooner you get help the sooner things can begin to improve."

headspace CEO Chris Tanti said **headspace** centres work in partnership with key local agencies to help ensure young people can access the services they need in the one location.

“Since 2006 over 120,000 young people have come to **headspace** for support,” Mr Tanti said.

“We’re continuing to help thousands of young people going through a tough time through our centres and our online and telephone counselling service, **eheadspace**.”

headspace Bondi Junction offers a range of youth friendly services on site including a specialised Youth Access Team that provide assessment, information and referral; a professional team of Clinical Psychologists, Psychologists, Mental Health Social Workers, and Alcohol and Other Drugs Counsellors; and seamless access to other support services including Sexual Health & oral health.

The **headspace** model is based on early intervention with the knowledge that adolescence and early adulthood is a critical time in a person's life.

Research shows that 75 per cent of mental health disorders emerge before the age of 25. By ensuring help is accessed in those early stages, young people can get things back on track.

headspace Bondi Junction is open 9am to 5pm (Monday, Wednesday and Friday) and from 10am to 6pm (Tuesday and Thursday).

Details: **headspace** Bondi Junction, 20 Bronte Road, 9366 8800,
www.headspace.org.au/bondijunction.

-- Ends --

NOTE TO MEDIA

- Official proceedings begin at 11am Following the event’s conclusion, photographs and interviews will be available with stakeholders including Federal Member for Wentworth Malcolm Turnbull; **headspace** CEO Chris Tanti; New South Wales Minister for Mental Health, the Hon. Pru Goward MP; SESLHD Chief Executive Gerry Marr / Director of Operations, David Pearce; **Member for Vaucluse Gabi Upton MP**; **headspace** Bondi Junction Manager James Isles; and **headspace** Bondi Junction Youth Reference Group members.
- Stories about youth mental health should include www.headspace.org.au and/or the **headspace** phone line for parents and young people: 1800 650 890.

Media contacts

headspace Bondi Junction/SESLHD: Kate Sikora / Deborah Field

headspace National: Michael Bennett – 0413 025 385 – mbennett@headspace.org.au

About **headspace**

The primary focus of **headspace** is the mental health and wellbeing of young Australians. **headspace** helps 12 – 25 year olds going through a tough time through a national network of over 90 **headspace** centres (soon to be 100) and online and telephone counselling service **eheadspace**.

headspace was established and funded by the Commonwealth Government of Australia in 2006.

Visit [headspace.org.au](https://www.headspace.org.au) to find a **headspace** centre or access help.