

EMBARGOED TILL 1AM June 6

2 June, 2017

NRL great Nathan Hindmarsh urges fathers to tackle mental health head-on

Father-of-four and former Parramatta Eels captain, Nathan Hindmarsh, is proudly lending his voice to the headspace Fathers Campaign aimed at encouraging parents, particularly fathers and sons, to talk about mental illness.

Hindmarsh will be at **headspace Bondi Junction at 10am on Tuesday, 6 June** to kick-off the campaign along with headspace Bondi Junction staff and Youth Reference Group (YRG) members.

The campaign helps parents identify mental health issues and raise awareness of support services offered through headspace.

Research shows that only around 13 per cent of young men with mental health issues seek out professional help.

“I look at my four boys and I want them to know that I will always be available to talk to them – day or night – whatever problems they might be facing,” Hindmarsh said.

James Isles, Centre Manager, headspace Bondi Junction said that in 2015/16, across Australia, only 39 per cent of young people who sought help at a headspace centre were males.

“From a practical perspective, dads can set the scene and think about where they are going to have a conversation, in the car perhaps, or kicking the footy – the conversation should be had in a safe and comfortable space,” Mr Isles said.

Nathan Hindmarsh and Adry Awan, headspace Bondi Junction Youth Reference Group member, of Maroubra, will be speaking at the launch at 10.20am.

For further information about how parents can start a conversation with their sons about their mental health, and for practical information such as warning signs, visit:

www.headspace.org.au/dads.

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