

media release

New headspace centre for Marion

Under embargo until 1 February 2021

1 February 2021

Young people in the inner southern suburbs of Adelaide will now have easier access to mental health services with the opening of a new headspace centre today in Marion.

headspace is an Australian Government initiative that began in 2006 to provide early intervention mental health support and assistance for young people aged 12-25 experiencing mild to moderate difficulties with their mental health.

In July 2020, after a competitive tender process, Adelaide Primary Health Network (APHN) announced that Sonder had been appointed to establish and operate the new centre, complementing the other headspace centres in the metropolitan region - Adelaide, Edinburgh North, Onkaparinga and Port Adelaide.

“As a service provider with over 27 years’ experience in delivering a range of integrated health and support services, we understand the importance of headspace services being easy to access and delivered in a youth-friendly way,” Sonder CEO Sageran Naidoo said.

“Sonder is proud to be a committed contributor to the headspace initiative and delighted to have the opportunity to provide this vital service to the Marion community,” he said.

APHN CEO Deb Lee explains the new centre will help cater for an increased demand for mental health services in the inner south region, as young people continue to manage the impacts of the COVID-19 pandemic.

“With one in four people aged 16 to 24 experiencing some form of mental illness every year, the new headspace centre provides a welcome boost to local mental health services in a high need area,” Ms Lee said.

headspace Marion will provide tailored mental health support, working closely with young people at a crucial time in their lives to help get them back on track and strengthen their ability to manage their mental health in the future.

headspace Youth Reference Group Member, Charlotte said, “As a young person living in the area, it’s really exciting to see accessible mental health support for my local community. Having had the opportunity to provide feedback during the development process, it’s great to see our input play out in real life.”

At headspace Marion, young people will be able to access support from youth friendly health professionals in a safe, confidential and friendly environment. This includes mental health professionals, general practitioners, alcohol and other drug professionals and vocational specialists.

headspace strongly encourages young people in the area to reach out when they may feel overwhelmed, particularly during times of uncertainty.

headspace CEO Jason Trethowan said, “We know with the right support we can help young people get through tough times and get back on track. This past year has been particularly tough for young people

and it's great that headspace, a service trusted by young people, will be able to provide support to the local community”.

Following a collaborative planning process involving consultation with young people, the centre today opens its doors at 233 Sturt Rd, Marion, diagonally opposite from Westfield Marion Shopping Centre.

Services are available from 9am to 5pm, Monday to Friday. For more information, visit headspace.org.au/marion or call (08) 8490 7700 to make a referral.

GP Mental Health Treatment Plan referrals can be made via the Adelaide PHN CRU using Secure Messaging via ReferralNet or Argus. Name: Central Referral Unit, ID: CRU.

headspace centres across the Adelaide metropolitan region are supported by funding from the Adelaide PHN through the Australian Government's PHN program.

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About headspace

headspace is the National Youth Mental Health Foundation providing early intervention mental health services to 12-25 year olds. Each year, headspace helps thousands of young people access vital support through our headspace centres in 124 communities across Australia^[1], 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. Centre details, as well as factsheets and resources for young people and their families and friends, can be located on the headspace website: headspace.org.au

^[1] As at September 2020 and inclusive of licensed headspace centres, satellites and outposts