

# #manninghamneedsheadspace

Help us call for a local headspace youth mental health service!



MANNINGHAM

## What is headspace?

**headspace** is a non-profit organisation that provides services for people aged 12 to 25. These services include support for mental and physical health, alcohol and other drugs, and employment/study.

Young people tell us that headspace has good brand recognition, has a good reputation, uses a medical model of care, and is relatively easy to navigate once they have an initial appointment.


headspace services provide a suite of free and low cost short term and long term care for young people under the Commonwealth funding model.

## Why do we need a local headspace?

Young people in Manningham are facing a mental health crisis. We have a lack of youth mental health services and need to secure a headspace in Manningham to support our young people.



We have seen a 48% increase in demand for these services in the past year.



Wait times for help through existing headspace centres can be up to six months.

## What action are we taking?



Through our #manninghamneedsheadspace campaign, we are raising awareness for our lack of youth mental health services and advocating for a local headspace through

- Engaging Manningham youth via a survey
- Engaging community input using Your Say
- Meeting with the Manningham Youth Advisory Committee
- Posting on social media
- Publishing articles in print and digital newsletters
- Distributing informational posters and brochures
- Hosting information stalls

Travelling to the nearest headspace can take up to 80 minutes via public transport.

Suicide is the leading cause of death for 15 to 24 year old Australians<sup>(1)</sup>

# How you can get involved

Help us raise awareness for the mental health crisis that our youth are facing and advocate for a headspace in Manningham.

## 1. Complete this survey

- If you're under 25, share your thoughts on accessing youth mental health services and tell us why you want a local headspace.
- Complete this five minute survey to go in the draw to win one of three \$50 Westfield Doncaster voucher. Entries close on Friday 1 July 2022.



Take the survey

## 2. Contribute to Your Say

- Tell us how we could raise awareness for our lack of youth mental health services and why you want a local headspace



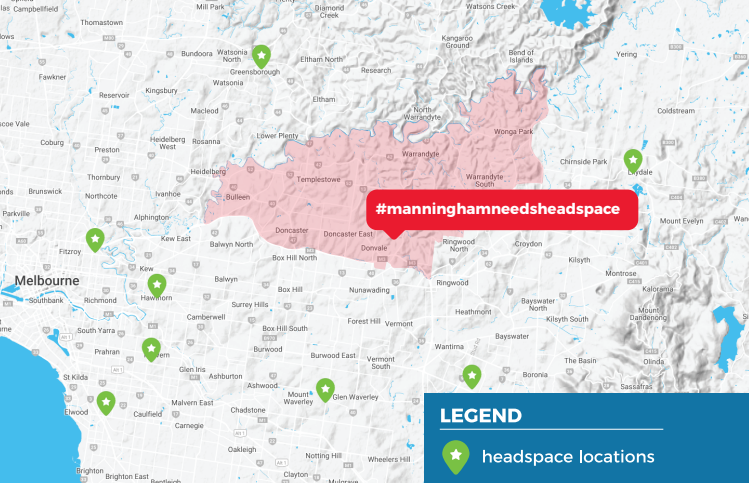
Scan or tap to visit Your Say

## 3. Hang a poster in your school or workplace

- Visit Your Say to download the printable #manninghamneedsheadspace poster or ask the Customer Service desk in the Civic Centre for a copy.

## 4. Spread the word

- Tell us why you want a headspace in Manningham on social media. Make sure you tag @cityofmanningham and include "#manninghamneedsheadspace"
- Tell your family and friends that we need a headspace!



## Claire's story

During her first years of high school, Claire developed an anxiety disorder and experienced depression due to being bullied. In Year 9, her depression and anxiety became so overwhelming that she was unable to attend classes without being in a state of panic.

She thought “this isn't normal, and I can't deal with this on my own”, so she and her family started looking for a psychologist.

This was difficult.

Claire recalls, “Private psychologists were unavailable due to backlogs and I didn't want to see my school's councillor as there was a lack of trust and availability. Accessing the wellbeing office at school was extremely public and I was not comfortable due to a lack of safety.”

Eventually, Claire used EACH's counselling service which helped manage her mental health.

Then, in 2021 she saw a psychologist when headsapce Hawthorn was funded to temporarily hold an outpost in Manningham.

Claire said, “This was fantastic and gave me the next steps I needed to manage going into VCE.”

Claire is now in Year 12 and is calling for a full-service headspace centre in Manningham.

Through the Manningham Youth Advisory Committee, she has met with our Mayor and local politicians to advocate for a local headspace. Her incredible efforts have helped secure funding of \$1million per year for the next four years for a headspace in the Menzies/Chilsholm area. Like other young people in Manningham, Claire wants this headspace delivered right here in Manningham.

“Having a local headspace would make seeking help so much easier and would encourage youth mental health action for young people like me.”

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## Do you or somebody else need mental health support?

To find your closest headspace, visit [www.headspace.org.au](http://www.headspace.org.au) or call eheadspace on 1800 650 890.

In an emergency call 000 or Lifeline on 13 11 14.

### References:

(1) [www.aihw.gov.au/suicide-self-harm-monitoring/data/populations-age-groups/suicide-among-young-people](http://www.aihw.gov.au/suicide-self-harm-monitoring/data/populations-age-groups/suicide-among-young-people)



Interpreter service **9840 9355**

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