

# Media release



## headspace Bathurst is purple with pride

**22nd August 2017** – This Friday marks Wear it Purple Day and **headspace** Bathurst is proud to stand with the Lesbian, Gay, Bisexual, Transgender, Questioning and Asexual (LGBTIQA+) youth in creating a safe and accepting community.

Wear it Purple Day was founded in 2010 to show young LGBTIQA+ people across the world that there are people who support and accept them. In correlation with this theme, a Wear it Purple afternoon tea has been arranged by SPECTRUM, **headspace** Bathurst's LGBTIQA+ social group.

Karla Smith, **headspace** Bathurst's Mental Health Clinician, says awareness days such as Wear it Purple Day are important as the LGBTIQA+ community are at a higher risk of experiencing mental health concerns due to prejudice and discrimination from the community.

"Wear it Purple is a great chance for the community to come together and celebrate the diversity of our LGBTIQA+ youth. The **headspace** demographic of 12-25 year olds has been identified as a critical period for the development of a young person's identity. We want to create an environment that supports young people as they discover who they are."

In light of the recent public and political debates about same sex marriage, Smith says there is concern about the mental wellbeing of our rainbow young people as they are exposed to uncensored homophobic advertising and promotional materials.

"With the impending same sex marriage postal ballot, **headspace** Bathurst will publically advocate for the mental wellbeing of our LGBTIQA+ young people. This is the time to stand together with our rainbow young people who don't get as much representation in regional areas as they do in the city and may find themselves feeling quite vulnerable and isolated," Smith continues.

"We will also be creating a bunting to display at our centre and future events with words of support for all LGBTIQA+ young people and we invite the community to come and design a square."

### Event details:

- 3:30pm, Friday 25<sup>th</sup> August
- headspace Bathurst, corner of Havannah and Piper Sts
- Community members welcome and encouraged to dress in purple

If you are a young person with something going on, chat to one of our staff at **headspace** Bathurst on 6338 1100, visit the centre on the corner of Havannah and Piper Sts, or visit [www.headspace.org.au/headspace-centres/bathurst/](http://www.headspace.org.au/headspace-centres/bathurst/) for more information.

-ENDS-

### About headspace:

Marathon Health is the lead consortium partner for **headspace** Bathurst, Cowra, Orange and Dubbo. 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 95 **headspace** centres. **headspace** also offers online and telephone counselling services through **eheadspace**. **headspace** can help young people with general health, mental health, education and employment and alcohol and other drug services. **headspace** was established by the Australian Government in 2006. From 1<sup>st</sup> July 2016, **headspace** centres across Australia are now managed by Primary Health Networks. Primary Health Network's

Our other service is located at:

**headspace** Shop 43C Cowra Mall, 39–43 Kendal Street, Cowra NSW 2794 Tel 02 6342 6186 Fax 02 6341 2565

ABN 86 154 318 975 **headspace** National Youth Mental Health Foundation is funded by the Australian Government Department of Health under the Youth Mental Health Initiative

receive funding from the Australian Government to support **headspace** centres. Visit [headspace.org.au](https://headspace.org.au) to find a **headspace** centre or access help.

**headspace Bathurst media contact:**

Anna Arrow, Communications Manager, Marathon Health, 6333 2800 or 0419 470 466