

media release

Doors open at the headspace Lithgow centre

19 June 2019

The greatly anticipated headspace Lithgow service has officially opened, welcoming a new chapter for youth wellbeing supports across the community.

Bryan Hoolahan, Marathon Health's Executive Manager of Governance and Quality, says the community and stakeholders have been exceptional in assisting Marathon Health to get the service up and running.

"The community fought to fill the gap in youth wellbeing supports identified in this region. Through funding from Wentworth Healthcare – provider of the Nepean Blue Mountains Primary Health Network – and the support from local stakeholders, we are proud to officially begin delivering services under the headspace Lithgow banner."

Young people aged 12-25 throughout the community can now access general and mental health supports, with education and study support, and alcohol and other drugs services to follow in the coming months.

Lizz Reay, Wentworth Healthcare CEO said, "The opening of headspace Lithgow is a testament to a true partnership with the community and service providers. We are immensely proud to be able to bring this service to Lithgow. It complements a range of other initiatives that we are funding to ensure that mental health is available and accessible regardless of age or location"

Adolescence and early adulthood is a critical time in a young person's life, with research indicating that around 75% of mental health disorders emerge before the age of 25. To address this, the headspace model is based on early-intervention, providing more accessible services, so as to support young people to get back on track, faster.

Federal Member for Calare Andrew Gee said services such as headspace are absolutely critical to helping young people with mental health issues with an estimated one in four young Australians aged 16 to 24 experiencing mental illness in any given year.

"The community will be very pleased and comforted to know that Lithgow's headspace is now up and running," Mr Gee said.

"You cannot underestimate the importance of a service like this. It lets our youth know that they are not alone and that there are people available when help is needed.

This service will make a real difference to the lives of young people in the district."

The centre will be holding an official launch for stakeholders and dignitaries in the coming months.

“This service will provide young people in the community a place where they can get free, confidential support to get back onto their feet,” Bryan continues.

For more information about **headspace** Lithgow, you can visit their Facebook page, call the team on 02 6352 7600 or stop by the centre at 23 Main Street.

-ENDS-

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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. headspace has 108 centres across Australia in metropolitan, regional and remote areas, as well as online and phone support services through eheadspace. 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](https://www.headspace.org.au)

About Marathon Health

Marathon Health is a not-for-profit charity and NDIS provider, delivering high quality health and wellbeing services for county Australians. We are one of the largest providers of headspace services in Australia, with centres located in Bathurst, Canberra, Dubbo, Orange and Queanbeyan, and satellite services in Cowra and Lithgow.