

Media release



headspace
Bathurst

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On Friday we wear purple

30th August, 2018 – This Friday the team at **headspace** Bathurst invite the community to join them in wearing purple for Wear it Purple Day 2018 – a day to celebrate our rainbow young people.

The annual event is about showing rainbow young people that they should be proud of who they are and that as a community we celebrate and empower diversity in sexuality and gender identity.

The theme for this year's Wear it Purple is about empowerment; a theme welcomed by the team at **headspace** Bathurst who have worked hard to create an environment that fosters diversity and acceptance.

"We're wearing purple on Friday to show that we embrace and celebrate diversity, and believe that respect and empathy are vital in creating a harmonious and supportive community," comments Karen Golland, Community and Youth Engagement Coordinator at **headspace** Bathurst.

Over 20% of young people accessing the **headspace** Bathurst centre identify as LGBTIQ+, in response the centre currently facilitates SPECTRUM, a social group for young rainbow people that meet fortnightly.

This year the SPECTRUM group are taking Wear It Purple to their individual places of work and encouraging colleagues to join in the celebration with them.

"It's really special that SPECTRUM have asked their colleagues to get involved. Normally we have an event here at the centre but this year they want to go out and do something on their own. To have that support at their workplaces and that confidence to be who they are is fantastic!"

Wear it Purple began in 2010 in response to welfare concerns of young LGBTIQ+ people who were experiencing bullying and harassment. The movement seeks change outdated and harmful behaviour and encourages everyone to celebrate diversity and be proud of who they are.

For more information about **headspace** Bathurst and their services, you can call the team on 6338 1100, visit the centre 102 Keppel Street, or visit headspace.org.au/bathurst for more information.

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About headspace:

Marathon Health is the lead agency for **headspace** centres in Bathurst, Orange, Dubbo, Canberra and Queanbeyan with a satellite service in Cowra. 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 100 **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 1st July 2016, **headspace** centres across Australia are now managed by Primary Health Networks. Primary Health Network's receive funding from the Australian Government to support **headspace** centres. Visit headspace.org.au to find a **headspace** centre or access help.

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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