

## headspace Cannington opens its doors

30 November 2021

- **headspace Cannington is open and ready to support local young people.**
- **The service will support local young people with their mental health, physical health, alcohol and other drugs issues, and work and study, and will complement existing youth support services in the area.**
- **The service is located at Units 1 and 2, 1468 Albany Highway, Cannington.**
- **headspace Cannington has been made possible through funding provided by the Australian Government under the PHN Program.**

headspace Cannington has recently opened its doors, providing young people, their families and friends access to youth friendly support for their mental health and other wellbeing challenges.

Arche Health, engaged to establish and run headspace Cannington, have worked closely with local service providers and the community to ensure the centre complements the existing strong local investment in youth support services in the area.

The service is located at Units 1 and 2, 1468 Albany Highway, Cannington. The location selected is highly accessible, close to other social services and with public transport on its doorstep.

Young people aged 12 to 25 can contact headspace Cannington directly or be referred by their GP or mental health professional.

### **Comments attributed to Arche Health CEO, Sujeewe Gamagedera:**

“I know headspace Cannington will be seen as a place that exudes warmth, empathy and acceptance, and that embraces diversity.

“I encourage young people to reach out and visit the centre if they need support.

“headspace Cannington listens to young people’s views on the type of services offered and adapt services where necessary to achieve better outcomes. We will also be encouraging the involvement of family and friends in any recovery process, recognising the immense benefit this support creates.”

### **Comments attributed to headspace National Youth Reference Group member, Annas Davids:**

Annas’ first contact with headspace was in 2017 when he was experiencing symptoms of depression, anxiety and suicidal thoughts. He was referred for therapy sessions at headspace by his GP. Annas said it was during his sessions that he “sensed he was feeling better”. Annas wanted to share his mental health journey with headspace and reduce the stigma associated with mental health with others and in particular his Muslim community.

“I shared my story at an event organised by headspace called Cultural Conversations. I was

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nervous but was supported by all the people at this event.”

Support continued for Annas when he became a headspace Youth National Reference Group member.

“This gave me confidence and a newfound passion for mental health. I now represent headspace on a national platform and have experienced healing with this amazing organisation at my side.”

## **Comments attributed to WA Primary Health Alliance General Manager Commissioned Services, Mark Cockayne:**

“While COVID-19 has had an impact on the mental health and wellbeing of many young people, services such as headspace provide a safe, inclusive, and welcoming place to go when they need support.

“We are excited to commission another headspace service to support the young people of Western Australia.”

## **Comments attributed to Federal Member for Swan, Steve Irons:**

“The Morrison Government is prioritising mental health support, ensuring young people have access to care

“In total over the next four years from 2021-22, the Morrison Government is investing \$873.2 million in headspace. This includes expanding the headspace network creating 51 new services.

“This new service in Cannington is part of the Morrison Government’s vision for youth primary mental health services.

“I want our young people to know they are not alone on their journey.”

“headspace is here to deliver quality frontline support and ensure the best possible care for people who are at risk.”

## **Comments attributed to headspace CEO, Jason Trethowan:**

“headspace plays a vital role in supporting the health and wellbeing of young people, one in four of whom will experience mental ill-health this year.

“Young people know they can access safe, youth-friendly mental health support at headspace.

“Never has it been more important for us to support the mental health and wellbeing of young people.

“headspace is proud to provide a range of supports to young people in Cannington – when and where they need it.”

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## ENDS

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**About Us:** WA Primary Health Alliance shapes, strengthens and sustains a health system that works for people. As the operator of WA's three Primary Health Networks – part of the Australian Government national PHN program – we plan, guide and direct investment towards important primary healthcare services. Our state-wide structure and strong partnerships give us an opportunity to shape a health system fit for the future. By partnering with GPs, allied health professionals, service providers, government and community, we 'deliver better health, together. For more information, visit [www.wapha.org.au](http://www.wapha.org.au)