



headspace National Youth Mental Health Foundation

**An overview of our impact
in 2022-2023**

a snapshot of youth mental health in Australia

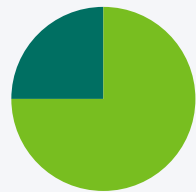
Young Australians know and trust headspace to provide them with the health and wellbeing support needed to navigate tough times.

In 2022-2023, our network of headspace centres and online services expanded again to meet growing demand for support all across Australia.



2 in 5

young people aged 16-24 experienced mental ill-health within the previous 12 months¹



75%

of mental health disorders emerge before the age of 25²

47%

of young Australians aged 12-25 report high or very high levels of psychological distress³

6,789,885

services have been provided from inception to 30 June 2023⁴

867,536

young people received services since inception to 30 June 2023⁵



Who headspace supports

20%

of young people aged 17-25 who came to headspace centres were not engaged with work or study

23%

of young people who came to headspace centres had experienced or were at risk of suicidal thoughts and/or behaviour

headspace making a difference

71%

of young people improved significantly at headspace⁶

86%

of young people reported being satisfied with headspace

A vital community service

70%

of parents and carers say headspace is a vital community service

65%

of young people say headspace is a vital community service

Young people and their families recommend headspace

89%

of young people would recommend headspace

86%

of families would recommend headspace

headspace is well known and highly regarded

#1

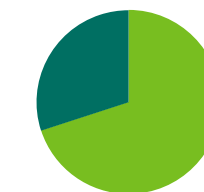
headspace is Australia's most recalled youth mental health organisation

7 million

visits to the headspace website

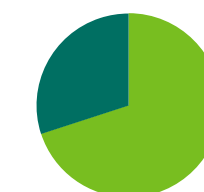


Improved mental health literacy



66%

of young people felt they could deal more effectively with their problems after attending headspace

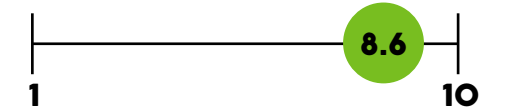


71%

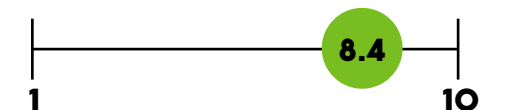
of young people had a better understanding of mental health issues after attending headspace

Young people's experiences at headspace

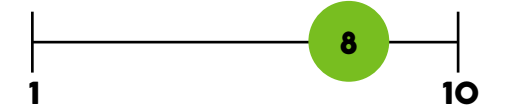
On average, young people rated: how well they felt listened to and understood



their willingness to be at headspace



whether they were working on issues that were important to them



if they felt more hopeful about the future



the extent to which they felt things were improving



¹ National Study of Mental Health and Wellbeing 2020-21, Australian Bureau of Statistics, 2022

² Kessler, R.C., Berglund, P., Demler, O., Jin, R., Merikangas, K.R., & Walters, E.E. (2005). Lifetime prevalence and age-of-onset distributions of DSM-IV disorders in the National Comorbidity Survey Replication. Archives of General Psychiatry, 62(6), 593-602. <https://doi.org/10.1001/archpsyc.62.6.593>

³ Headspace National Youth Mental Health Survey, 2022

⁴ Includes data for headspace Primary, eheadspace, headspace Connect, Regional Schools, Early Psychosis, Work and Study Online, headspace Career Mentoring, headspace Work and Study centre support (i.e. the Individual Placement and Support program). 'Since inception' counts included in previous infographics focused on headspace Primary and eheadspace only. Please note:

i. The total young person count represents the sum of unique counts for each headspace service and if young people use multiple headspace services they are counted multiple times, and

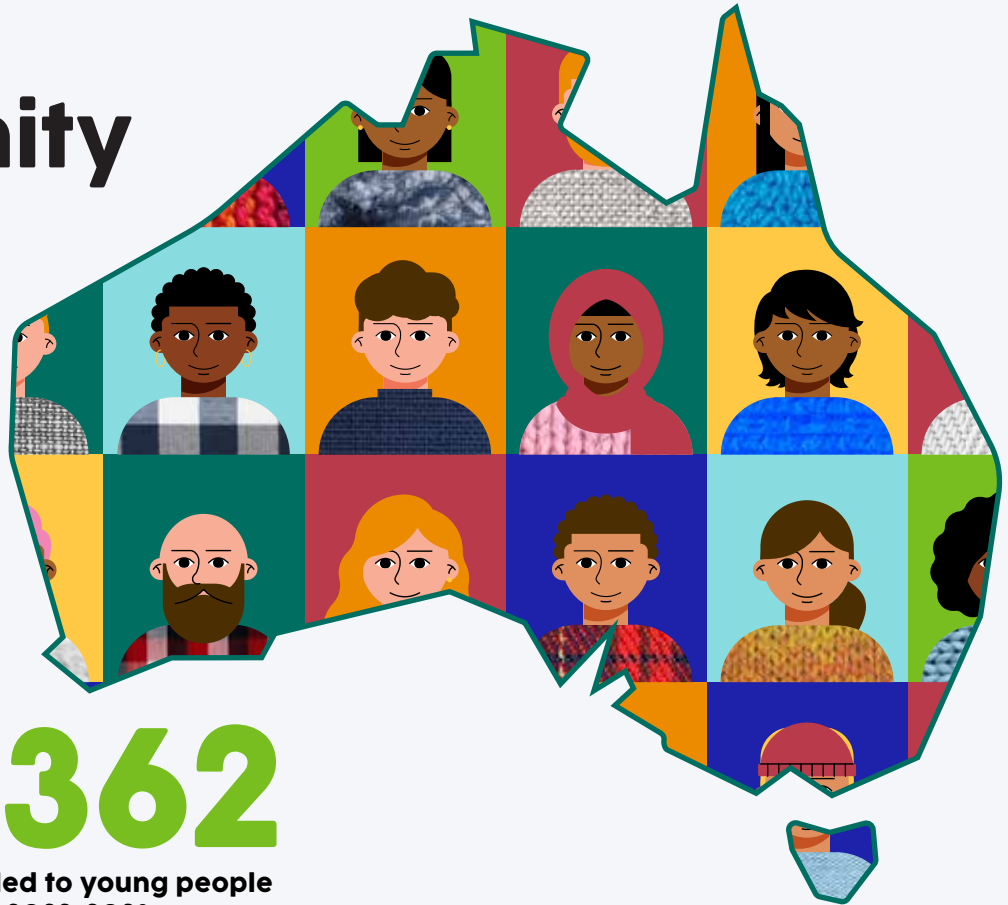
ii. Total numbers may vary year-on-year due to data stabilisation over time

iii. Services other than Primary record detail about care coordination, advocacy and additional support outside of Direct client support. For Early Psychosis this type of work can represent 65% of services.

⁵ Same as footnote 3

⁶ Rickwood, D., McEachran, J., Saw, A., Telford, N., Trethowan, J., & McGorry P. 'Sixteen years of innovation in youth mental healthcare in Australia: Outcomes for young people attending headspace centre services'. 2022

headspace in the community



403,362

occasions of service provided to young people at headspace centres in FY 2022-2023

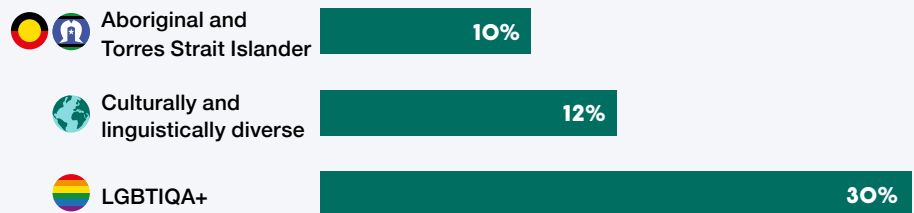
93,502

young people received services at headspace centres

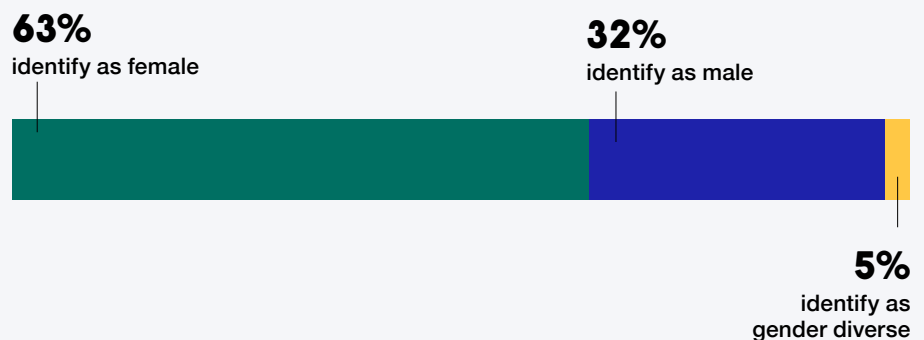
154

services operating across Australia

Priority groups

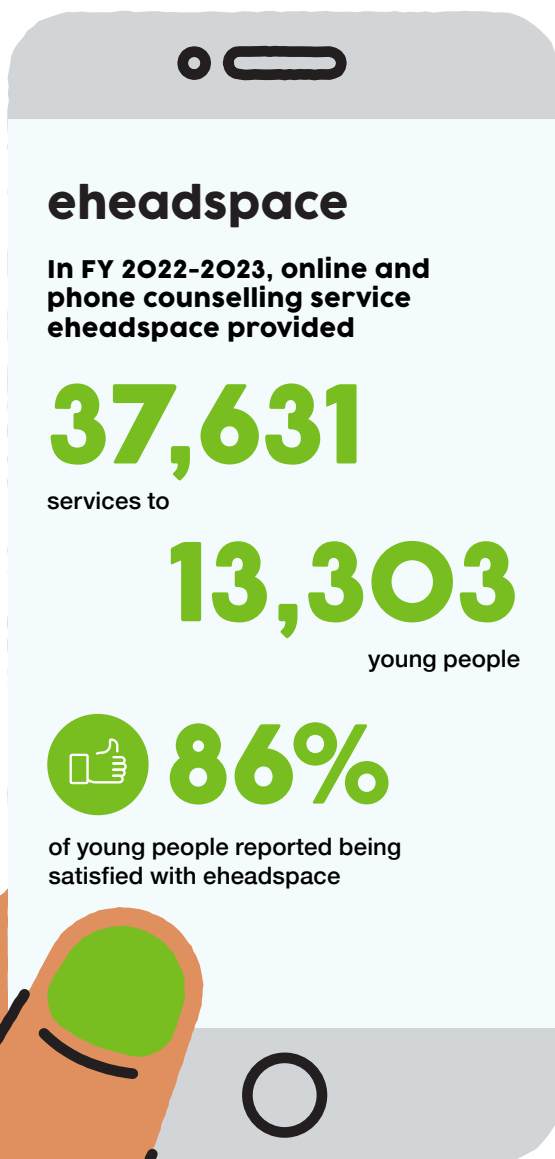


Gender identity

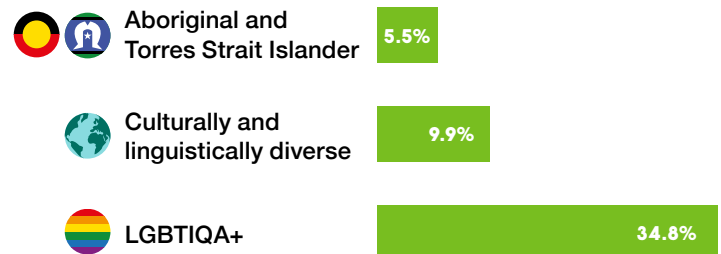


headspace digital services

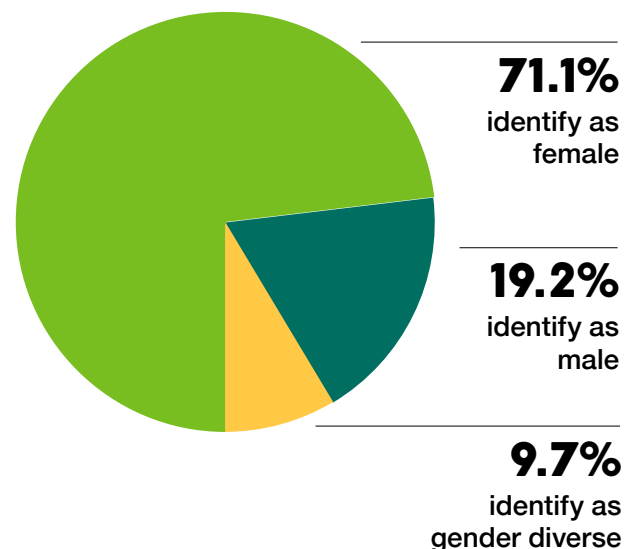
headspace provides a range of online services that ensure help is available to young people and families across Australia, no matter where they are located. Our safe and supportive online and phone counselling service, eheadspace, provides more flexibility and choice in how young people and families are able to access support from headspace.



eheadspace priority groups



Gender identity



Online community events

Online community events are group chats that provide a safe, supportive and moderated space for young people and their families to connect with others on a variety of topics. These spaces are run by our professionals (including mental health professionals) and a team of peer support workers.



In 2022-23:

61

online group chat sessions were led by professionals

153

online peer support chat sessions were led by peer moderators



online events were attended

4,662 times



Telepsychiatry

headspace Telepsychiatry provides young people aged 12–25 in eligible regional and rural areas access to highly skilled psychiatrists via video consultations.

1,368

primary consults attended by young people

193

secondary consults and webinars were provided (these allow clinicians to review cases with a psychiatrist)

Early psychosis

The headspace Early Psychosis program supports young people experiencing, or at risk of developing, psychosis. The program is delivered at 14 headspace centres across Australia.

In FY 2022-2023, headspace centres provided

258,687

early psychosis services to

3,639

young people



71%

of young people in the Early Psychosis program improved significantly⁷

⁷ Young people in the program improve by having either a significant decrease in psychological distress (K10) and/or a significant increase in social and occupational functioning (SOFAS) and/or an increase in quality of life (MyLifeTracker)

vocational programs

headspace offers a range of vocational supports to young people, both online and in centres.



Work and Study Online

Work and Study Online supports young people to reach their career and education goals through integrated vocational and clinical support.

In FY 2022-2023, headspace Work and Study online delivered

12,198

work and study sessions to

2,197

young people

 **90%**

of young people reported being satisfied with headspace Work and Study Online support.



Work and Study in headspace centres

Using the Individual Placement and Support (IPS) model, Work and Study is also available at select headspace centres, integrating in-person vocational and clinical support.

22,779

occasions of service delivered to

2,835

young people

 **94%**

of young people satisfied with Work and Study services received in centres

Career Mentoring

Career Mentoring connects young people with an industry mentor who can support them to find, maintain and enjoy work in an area that interests them.

549

mentoring sessions delivered to

 **95%**

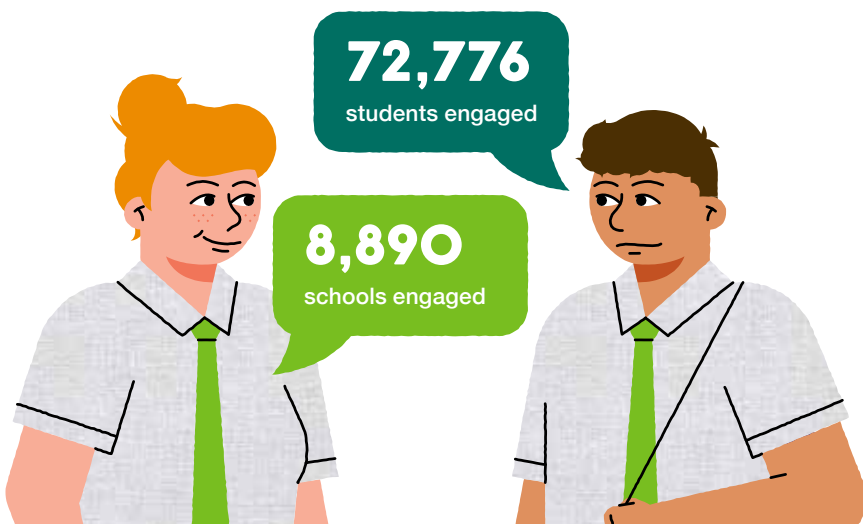
of young people reported being satisfied with the support they received through Career Mentoring.

128

young people

headspace Schools & Communities

headspace Schools & Communities partners with Australian schools, communities, government agencies, universities, sports clubs and other organisations to build the mental health literacy and capacity of professionals working with children, young people and families. We also respond when Australian communities experience disasters or crises.



Training

headspace provides support and training to school principals and school leaders

3,882

principals and schools leaders supported and trained

Be You

headspace is a committed service delivery partner for Be You – a national program to support children's and young people's mental health in early learning services and schools.

31,629

educators supported in the Be You program



headspace Early Career Program

The headspace Early Career Program supports Psychology, Social Work and Occupational Therapy graduates and students to work in headspace services, boosting our capacity to respond to increases in service demand while growing the pipeline of trained mental health professionals.

102

graduates worked with headspace across WA, Queensland, Victoria and Tasmania

274

student clinicians were placed across WA, Queensland, Victoria and Tasmania

Clinical educators were employed in

48 
centres

Engaging parents and carers

501

parents and carers joined a headspace Schools and Communities education session in Victoria and NSW.

656

parents, carers and community members in NSW received mental health information, including contact details for support services, from headspace Schools and Communities.

the headspace network



Queensland

- Beaudesert³
- Bribie Island^{1,3}
- Brisbane North¹
- Bundaberg
- Caboolture
- Cairns
- Caloundra¹
- Capalaba
- Emerald
- Gladstone
- Gympie
- Hervey Bay
- Ipswich
- Mackay
- Maroochydore
- Maryborough³
- Meadowbrook⁶
- Mount Isa
- Redcliffe
- Rockhampton
- Roma
- Sarina³
- Southport⁶
- Toowoomba
- Townsville
- Upper Coomera
- Warwick
- Whitsundays³

Brisbane

- Inala
- Indooroopilly
- Nundah
- Strathpine
- Woolloongabba

Tasmania

- Burnie³
- Devonport
- Hobart
- Hobart's Eastern Shore¹
- Launceston

Northern Territory

- Alice Springs
- Darwin⁶
- Katherine
- Palmerston³

New South Wales

- Armidale^{3,5}
- Ballina^{1,3}
- Batemans Bay
- Bathurst
- Bega
- Broken Hill
- Cessnock³
- Coffs Harbour
- Cowra³
- Dubbo
- Edmondson Park¹
- Gosford
- Goulburn
- Grafton
- Griffith
- Hawkesbury¹
- Katoomba³
- Kempsey
- Kiama^{1,3}
- Lake Haven
- Lismore
- Lithgow³
- Maitland
- Narellan¹
- New England³
- Newcastle
- Nowra
- Orange
- Port Macquarie
- Queanbeyan
- Shellharbour¹
- Tamworth
- Taree
- Tweed Heads
- Wagga Wagga
- Wollongong
- Wyong³
- Yass³

Sydney

- Ashfield
- Bankstown
- Bondi Junction
- Brookvale
- Campbelltown
- Camperdown
- Castle Hill
- Chatswood
- Hurstville
- Liverpool
- Miranda
- Mount Druitt⁶
- Parramatta⁶
- Penrith⁶

Victoria

- Albury-Wodonga
- Armstrong Creek¹
- Bairnsdale
- Ballarat
- Bendigo
- Colac
- Corio³
- Echuca
- Geelong
- Hamilton¹
- Horsham
- Melton
- Mildura
- Morwell
- Ocean Grove³
- Portland³
- Sale³
- Shepparton
- Swan Hill
- Wangaratta³
- Warrnambool
- Wonthaggi

Melbourne

- Bentleigh^{2,6}
- Box Hill¹
- Collingwood
- Craigieburn
- Dandenong⁶
- Elsternwick
- Frankston
- Glenroy
- Greensborough
- Hawthorn
- Knox
- Lilydale³
- Malvern
- Narre Warren⁶
- Pakenham³
- Plenty Valley³
- Rosebud³
- South Melbourne¹
- Sunshine
- Syndal
- Werribee

ACT

- Canberra
- Tuggeranong

South Australia

- Berri
- Mount Barker
- Mount Gambier
- Murray Bridge
- Port Augusta
- Port Lincoln
- Victor Harbor³
- Whyalla

Adelaide

- Adelaide⁶
- Edinburgh North
- Marion
- Onkaparinga
- Port Adelaide

Western Australia

- Albany
- Armadale
- Broome
- Bunbury
- Busseton³
- Esperance^{3,5}
- Geraldton
- Hedland
- Kalgoorlie
- Karratha
- Kununurra
- Mandurah
- Margaret River³
- Northam³
- Pilbara⁴
- Rockingham

Perth

- Cannington
- Fremantle
- Joondalup⁶
- Midland⁶
- Osborne Park⁶

1 Opening 2023-2024
 2 headspace Early Psychosis site for headspace Elsternwick
 3 Denotes a headspace outpost or headspace satellite
 4 Pilbara Regional Outreach
 5 Upgrading to a headspace centre in 2023-24
 6 headspace Early Psychosis site

A further 2 headspace centres will be announced and opened by 2026
 As at 31 August 2023