

Media release



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headspace Berri Brings Sons & Dads Together

headspace Berri believes that 'knowledge is key' to successful health and wellbeing and is hosting a free after hours event 'Guys and Gloves' specifically targeting young men aged 12 -25 and their dad / male support person on Sunday 25/06/2017 from 10am – 12 noon.

The event will take place at the Abzolute Fitness in Renmark and will include a free boxing session, BBQ lunch post workout and a health talk by General Practitioner Dr Fearon Kelly of Renmark Medical Clinic. There will be a free raffle on the day with many prizes up for grabs. Prizes include a \$50 voucher to the Riverland Health Foods and boxing lesson vouchers.

headspace Berri believe it is paramount that young people are encouraged and supported to establish rapport and a trusted relationship with a General Practitioner (GP) which in turn fosters continued engagement across their lifespan" Said Christy Kitto, Centre Manager/Clinical Lead

"This event is a great opportunity for young people to spend quality time with other men, whether it be their dad, uncle, older brother, grandpa or mentor and at the same time to hear from Dr Kelly who is extremely passionate about men's health and fitness" Said headspace Youth Worker Wes Lock.

Registrations for this event are essential and places are limited, visit the **headspace** Berri Facebook page or call the **headspace** Berri office on 85824422 for more information.

headspace, the National Youth Mental Health Foundation was launched in 2006 in response to data that mental health is the single biggest health issue facing young Australians.

headspace Berri was established in 2008, and is one of ninety **headspace** centres currently in operation throughout Australia. **headspace** Berri provides services for young people aged 12-25 years, their families and friends. **headspace** Berri focuses on holistic care in four core areas: general health, mental health and counselling, alcohol and other drug services and education, employment and other services.

The primary objective of the **headspace** initiative is the mental health and wellbeing of all young Australians. 75% of mental health problems present before the age of 25. Receiving evidence based therapeutic services when symptoms first present, is the key to resolving these problems efficiently and effectively. To date, only one in four young people experiencing mental health problems seek professional help.