

# media alert

## Support mental health in your community on headspace day!

24 September 2019

On Wednesday 9 October 2019, people across Australia will come together to celebrate headspace Day – a national day of support for the mental health and wellbeing of all young Australians.

headspace Berri believes that young people are resilient, and with the right support and tools can get through tough times. Across the Riverland we will be encouraging young people to learn simple tips to help build and maintain a healthy headspace.

A wellbeing kit has been developed that provides seven tips for good mental health. The headspace toolkit aims to improve young people's understanding of their mental health and wellbeing by encouraging conversation and building healthy behaviours into their everyday life. The tools within this kit provide practical ways young people can look after their mental health.

headspace Berri has partnered with local eateries in the region to create a headspace 'dish of the day' to promote headspace Day. Arrosto in Renmark, River Jacks in Berri, the Barmera Bakery, Café on McCoy in Waikerie and the Country Bakehouse in Loxton are the partnering eateries for headspace Day 2019. To view the locations, please [click here](#).

headspace Berri will also launch their Instagram page on headspace Day. As part of the launch, a competition is being held asking young people to take a photo of something that puts them in a great headspace and use the hashtag #headspacedayberri2019 or take a photo of themselves in one of our partnering cafés and use the hash tag #headspacedayberri2019 for their chance to win. One random winner will receive an epic headspace prize pack, which includes an iPad, recipe books and a gratitude journal.

### Media opportunities

There will be an opportunity for the media to:

1. Interview young people and/or headspace workers on tips for a healthy headspace and understand why talking about youth mental health is important.
2. Visit our partner eateries around the Riverland on the day. [Click here](#) for location map.

For further information contact:

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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 110 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: [www.headspace.org.au](http://www.headspace.org.au)