

Dave Mascall

Youth Engagement Project Officer

What is your role at headspace?

My role is about educating young people on the importance of health and wellbeing. Raising awareness of the services we provide and working with young people to achieve their goals.



Where are you from and what are have you done?

I grew up in Cornwall, the most southern county in the UK. After working for the Royal National Lifeboat Institution in various beach services roles for several years I headed to Australia and eventually Broome.

What have you studied ?

I have a Sport, Exercise Science degree from the University of Gloucestershire in the UK.

What do you enjoy about your position and what are some of the challenges? Working with young men to improve their health and wellbeing – and to educate on the connection between mental health and physical health.