



Headspace's arrival in Dubbo a great help for our youth

THERE was some great news for Dubbo's youth yesterday with the opening of the much sought-after facility, Headspace, in the city.

Seen as a place for youth to go if they need help and advice with their mental health, the opening of the new office is a great addition for Dubbo.

While Headspace opened in Bathurst back in 2008, Dubbo has been campaigning for the group to open up locally for several years.

The new facility offers a relaxed atmosphere and easy access to help for people aged between 12 and 25 years old.

The facility in Bathurst helps about 900 people each year and management believe that eventually Dubbo will see the same demand, with most of the services on offer free of charge for people seeking help.

It's not only Dubbo youth that will benefit from the great services offered by Headspace.

With Dubbo a service hub for other communities further out, it is hoped they will also utilise the facilities on offer and seek the help that they need.

The key message Headspace offer is that staff have your back and have the ability to help our youth.

With young people suffering from illnesses such as anxiety and depression, drug and alcohol difficulties and other challenges at school and at home, it is important they have a place they can go to get support.

It is great to see Headspace provide this for the Dubbo community.

Why not head down to the new premises in Church Street, support the new facility and see what Headspace have to offer you, your friends or family.