



Helping youth who are doing it tough

LOOKING after the mental health and wellbeing of youth is the aim of headspace Dubbo, a not-for-profit organisation nominated for four Rhino Awards.

The centre, which opened at Dubbo earlier this year, prided itself on the range of services it offered for people aged 12 to 25, according to communications officer Anna Barnes.

These included access to a general practitioner, specific clinical advice, a sexual health nurse, Centrelink sessions and telepsychiatry appointments.

"We also do drug and alcohol school sessions, and we go out to schools and partner with other organisations to deliver services," Ms Barnes said.

"We were recently in Trangie and Narramine, where we went to high schools with a police officer and parole officer and spoke about drug and alcohol issues."

As the only youth-specific mental health agency in the city, Ms Barnes said Dubbo headspace aimed to be a "one-stop shop" for young people.

"We don't only focus on mental health, we try to offer other avenues for youths to come in and relax, we plan community activities, game nights and basketball games and recently held class



Annie Hartley, Rachel Thomas, Nic Steepe, Paul Rich and Jess Woodley

down workshops," she said.

Ms Barnes said the organisation's dedicated staff and volunteers had received a warm

welcome from the Dubbo community, with hundreds of young people passing through the doors since the centre's opening.

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