



# New service for Dubbo youth

By **KAITLYN RENNIE**

THE opening of “headspace” in Dubbo on Wednesday, April 22, marked another step in the right direction towards making more much-needed services readily available in rural areas.

‘headspace’ Dubbo is one of a national network of centres, led here by Western NSW Medicare Local.

The centre is aimed at those aged between 12 and 25 and their families, helping them through struggles such as mental illness, sexual health issues, sexuality and much more.

headspace Dubbo Operations Manager, Peter Rohr, was excited about the opening.

“There has been over 140 young people walk through our doors already, with numbers increasing every month,” he explained.

All services are free to access for young people, and include a GP clinic, vocational support, and financial advice.

Adolescence and early adulthood is an important time in a person’s life, with studies showing that 75 per cent of mental health disorders occur before the age of 25. By offering its services, headspace will be getting the youth back into a happy and healthy way of life.

For more information or support, head down to the centre on Church St, where the bright green building is hard to miss.



Uncle Ralf and his grandkids did a traditional Aboriginal dance and song performance at the official opening of headspace Dubbo



Headspace staff: Nathan Bryon, Jess Woodley, Nick Steepe, Paul Rich, Rachel Thomas and Annie Hartley were in the spirit for the official opening



Circus West members also did an entertaining display for the crowd at the official opening



Nick Steepe shared his story to encourage those who need help to seek the assistance they need



Left, Member for Parkes, Mark Coulton, was also present for the opening, being impressed with the services headspace offers