

# Media release



## headspace Dubbo recognised within community

**7<sup>th</sup> October 2015** – With the recent Dubbo Chamber of Commerce Rhino Award finalist announcements, **headspace** Dubbo is in high demand. The Centre is a finalist in categories for Excellence in Community Involvement and Excellence in Presentation and Marketing.

This milestone is just one of the indicators of the great work **headspace** and its Consortium partners are doing according to Operations Manager, Peter Rohr.

“We’re over the moon at the positive response to the **headspace** program in the Dubbo community. Young people and their families have really welcomed the services we have available.”

**headspace** Dubbo has provided over 1,400 appointments to over 340 young people since it opened at the start of 2015.

“We’re excited to see how many young people are seeking support from the Centre. Considering how new the service is, it’s outstanding to get to where we are in such a short space of time.”

**headspace** offers a range of mental health and related services from the centre which are all delivered free to young people aged 12-25 years.

“We have a fantastic GP who comes in each week, along with psychologists, youth workers, sexual health nurses, tenancy advisors, as well as employment and study advisors. Many of these services are made possible by the support of our extremely valuable consortium partners. We’re in a fortunate position to be able to offer a range of supports under one roof, and all available in a youth friendly and welcoming environment which we know is important for young people”.

“Our message is quite simple. If you are aged 12-25 years or a family member or friend is and they are in need of help, please jump on the **headspace** Dubbo website or Facebook page, or give us a call and find out what we might be able to do to assist.”

If any organisations are interested in getting involved with **headspace** Dubbo or its Consortium, please contact the centre on: 5852 1900.

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### headspace media contact:

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### About headspace

The primary focus of **headspace** is the mental health and wellbeing of young Australians. **headspace** helps 12 – 25 year olds going through a tough time through a national network of over 80 headspace centres and online and telephone counselling service **eheadspace**.

**headspace** can help young people with general health, mental health, education and employment and alcohol and other drug services.

**headspace** was established and funded by the Commonwealth Government of Australia in 2006. Visit [headspace.org.au](http://headspace.org.au) to find a **headspace** centre or access help.