

DATE: 28 April 2023

headspace Corio opens next month to support local youth mental health

New mental health support for young people in the Corio/Norlane area will be available with the upcoming opening of a headspace satellite service in May. Local youth will have access to services that support mental health, physical health (including sexual health), alcohol and other drugs and work and study.

With funding from the Commonwealth government, through Western Victoria Primary Health Network (WVPHN), Stride Mental Health will commence services for young people aged 12 to 25 from 2 May. Stride Mental Health has successfully operated the headspace Geelong centre and overseen the service at headspace Ocean Grove since June 2022, alongside eight other headspace centres and satellites in Queensland and New South Wales.

WVPHN CEO Rowena Clift said she was delighted that such an experienced mental health provider as Stride Mental Health was the successful candidate after what was a rigorous tender process.

“WVPHN and our partners at headspace National are very excited that headspace Corio has now been given the green light. Despite existing headspace services in Geelong CBD and a satellite site in Ocean Grove, the region continues to experience high demand for mental health services. The recent WVPHN Needs Assessment report has highlighted a need to improve access to free mental health services in the Geelong Otway region, particularly in the north of the city. Breaking down barriers for young people accessing mental health support and helping foster better relationships with their natural support networks is key to the health and wellbeing of our youth. We are proud to be providing even greater access to appropriate mental health care for them,” said Ms Clift.

headspace CEO Jason Trethowan said, “With two in five young Australians experiencing mental ill-health, the work of headspace has never been more important. Young people are resilient, and with support can and do weather tough times to get back on track. headspace Geelong and Ocean Grove have played an important role in the community, providing vital support to young people and families in the local area. We’re delighted that this support can be extended to the Corio community via this new satellite.”

CEO of Stride Mental Health, Drikus van der Merwe said, “We are thrilled to be expanding our services in the Geelong region with the opening of headspace Corio.”



"Stride is honoured to be the lead agency for headspace Corio and look forward to continue working with the Geelong community, local youth reference group and consortia to support young people in the region."

"We recognise the importance of early intervention in supporting the mental health and wellbeing of young people. By increasing access to high-quality services like headspace, we can help more young people in the Geelong region to develop the resilience and coping strategies necessary to manage their mental ill-health and maintain their wellbeing into the future."

The new headspace satellite will be open three days per week from 9am to 5pm, Tuesday, Wednesday, and Thursday. Young people, their friends and family can visit the centre at 6/10-16 Station St, Norlane, call 03 5202 8290 or email the centre on headspace.Corio@stride.com.au

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About headspace

headspace is the National Youth Mental Health Foundation providing early intervention mental health services to 12-25 year olds. headspace has 154 centres across Australia in metropolitan, regional and remote areas, as well as online and phone support services through eheadspace. headspace can help young people with mental health, physical health (including sexual health) alcohol and other drug services, and work and study support. Centre details, as well as factsheets and resources for young people and their families and friends, can be located on the headspace website: headspace.org.au

About Stride

headspace Corio and headspace Geelong are operated by Stride Mental Health.

Stride is dedicated to providing specialist services that improve the lifelong mental health of children, young people and adults. They provide services to support people at all stages of their mental health journey, from early intervention services through to supporting people with ongoing and complex needs.

Stride is Australia's longest established mental health charity and has provided specialist mental health services to people with persistent mental illness and complex needs since 1907. Today Stride employs nearly 800 staff providing mental health services for 17,500 Australians in more than 81 locations.

Stride is proud to be Australia's largest provider of headspace services. Stride has been operating headspace sites since 2012 - with the first service in Brisbane, headspace Nundah. Stride is now the lead agency for 11 headspace centres and satellites in Queensland, New South Wales and Victoria. For more information, visit stride.com.au

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