

20 July 2020

headspace Sale now supporting Wellington young people online and by telephone

Young people aged between 12 and 25 in the Wellington community can now access specialised mental health support services online or by telephone, through a new headspace satellite in Sale that commenced delivering services on 15 July.

headspace Sale, a satellite service attached to parent centre headspace Bairnsdale, provides young people with free or low-cost support with any challenges, questions or concerns they have about their mental health, alcohol and other drug issues, physical and sexual health, and relationships. The online and telephone services represent the first stage of service delivery for headspace Sale, with the satellite to open its doors and provide face-to-face services from its premises in Raymond Street, Sale, in the near future.

“We know that many young people are doing it tough right now, particularly due to COVID-19, so we’re pleased to now be able to offer online and telephone support services,” Amanda Exley, Manager headspace Sale, said.

“We invite people to contact us to make an appointment or to find out how we can support them, and we look forward to being able to welcome visitors into our satellite as soon as we’re able.”

As the lead agency for headspace Sale, Relationships Australia Victoria (RAV) has partnered with 11 local service providers comprising the headspace Bairnsdale Consortium, and is supported by contract manager Gippsland Primary Health Network (PHN).

Gippsland PHN Chief Executive Officer, Amanda Proposch, said the coronavirus pandemic had created an anxious and uncertain time for everyone, especially young people.

“Support is vital and we are pleased that headspace Sale is now available for our young people in Wellington to access online and by telephone,” Ms Proposch said.

headspace Sale is operating on Tuesdays, Wednesdays and Thursdays from 10am to 6pm, with services currently available via telephone and online, and in-person services expected to commence in August.

Young people and their families and friends can contact headspace Sale for information and support by calling 0458 558 225, emailing info@headspacesale.org.au or visiting headspace.org.au/Sale.

END OF RELEASE

Gippsland PHN is part of a national network of 31 Primary Health Networks across Australia. Primary Health Networks are predominantly funded by the Australian Government to tackle identified national objectives and priority areas. Visit: gphn.org.au

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