

# Media release



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**headspace Berri Pampers Local Young Women**

**headspace** Berri believes that 'knowledge is key' to successful health and wellbeing and is hosting a free after hours' event 'Mum's & Daughter's High Tea for young females aged 12 -25 and their mums / female support person on Sunday 30<sup>th</sup> April 2017 from 2:00pm – 5:00pm.

The event will take place in the **headspace** Berri office and will include a body scrub making workshop, guided mindfulness session, a high tea, and a health talk by General Practitioner Dr Amy Thomas of Loxton Health Centre.

"I am very passionate about women's health and really looking forward to being part of this event, it's a great way to allow young people soft entry into health organisations" Dr Amy Thomas Said

"General practice is the specialty best equipped to address the main emphases of a young person's healthcare: preventive health; development of protective factors; and addressing the social determinants of health.

**headspace** Berri believe it is paramount that young people are encouraged and supported to establish rapport and a trusted relationship with a General Practitioner (GP) which in turn fosters continued engagement across their lifespan" Said Christy Kitto, Centre Manager/Clinical Lead.

**headspace** staff members including Registered Nurses and those specialised in the areas of mental health & sexual health will offer support to attendees during the event.

"This event is a great opportunity for young people to spend quality time with their closet female support person, whether it be their mum, auntie, older sister, grandmother or mentor" Said Program Officer Rebecca Flack

A number of local businesses including Lucca Boutique, Pure Skin Beauty & Spa, Dear Lyla and Paper & Plans EST 2015 have donated vouchers and goods to be used in a free raffle at the event.

Registrations for this event are essential and places are limited, visit the **headspace** Berri Facebook page or call the **headspace** Berri office on 85824422 for more information.

**headspace**, the National Youth Mental Health Foundation was launched in 2006 in response to data that mental health is the single biggest health issue facing young Australians.

**headspace** Berri was established in 2008, and is one of ninety **headspace** centres currently in operation throughout Australia. **headspace** Berri provides services for young people aged 12-25 years, their families and friends. **headspace** Berri focuses on holistic care in four core areas: general health, mental health and counselling, alcohol and other drug services and education, employment and other services.

The primary objective of the **headspace** initiative is the mental health and wellbeing of all young Australians. 75% of mental health problems present before the age of 25. Receiving evidence based therapeutic services when symptoms first present, is the key to resolving these problems efficiently and effectively. To date, only one in four young people experiencing mental health problems seek professional help.