

headspace overview

headspace, the National Youth Mental Health Foundation has been providing early intervention mental health services to 12-25 year olds for 10 years.

Young people's mental health

1 in 4 YOUNG PEOPLE

Have experienced a mental disorder in the previous 12 months, a higher prevalence than all other age groups (ABS, 2008)

Suicide is the leading cause of death of young people, accounting for one third of all deaths (ABS, 2016)

Since inception headspace services have provided

Total reach

OVER 1.5 million

Services have been provided to young people through headspace centres and via online and phone counselling service eheadspace

255K

Total number of young people

Number of centres

93

Centres

2

Funded Outposts

A range of programs are managed from headspace National Office including School Support & eheadspace

headspace School Support* **3-5 SUICIDES PER WEEK NATIONALLY**

The program has responded on average to between

eheadspace*

20,579

Young people accessed eheadspace and had...

52,495

Sessions

headspace centres 2015*

A national network of headspace centres operate across metropolitan, regional and rural areas of Australia. Each headspace centre delivers support to young people aged between 12 and 25 in four areas: mental health; physical health (including sexual health); drug and alcohol; and work and study support.

Calendar year 2015

65,098

Young People

282,734

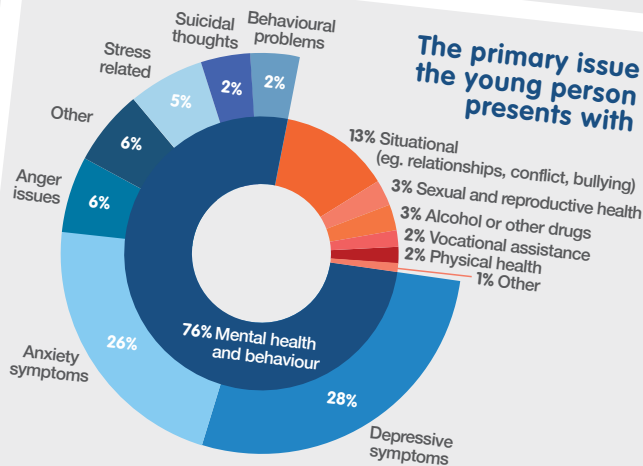
Sessions

45,236

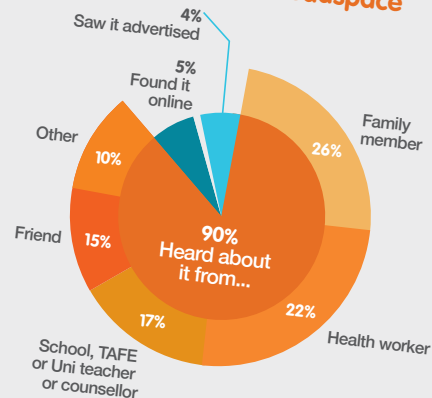
New Young People

4.3

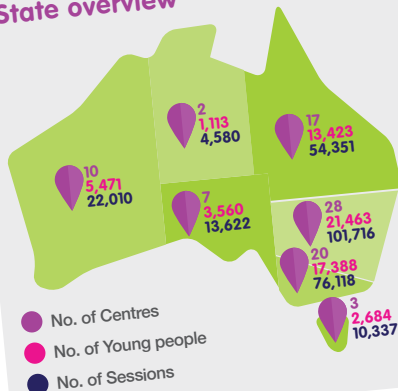
Average number of services per young person



How young people attending centres first become aware of headspace

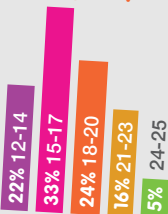


State overview



Profile of young people going to headspace centres

Age group



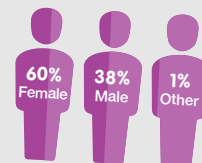
8.5%

Aboriginal and Torres Strait Islander young people accessing headspace centres, more than double the national average of 4%

7.9%

Young people from culturally and linguistically diverse backgrounds accessing headspace centres

Gender



17.1%

Young people identify as LGBTIQ

headspace centres



ACT

Canberra

Queensland

Bundaberg²
Caboolture
Cairns
Capalaba
Gladstone
Hervey Bay
Inala
Ipswich
Mackay
Maroochydore
Meadowbrook⁶
Mount Isa
Nundah
Redcliffe
Rockhampton
Southport⁶
Taringa
Toowoomba
Townsville
Warwick
Woolloongabba

New South Wales

Ashfield
Bankstown
Bathurst
Bondi Junction¹
Brookvale
Broken Hill²
Campbelltown
Camperdown
Castle Hill¹
Chatswood
Coffs Harbour
Dubbo
Gosford
Goulburn²
Griffith
Hurstville
Lake Haven⁴
Lismore
Liverpool
Maitland
Miranda
Mount Druitt⁶
Newcastle
Nowra

Orange
Parramatta⁶
Penrith⁶
Port Macquarie
Queanbeyan
Tamworth
Tweed Heads
Wagga Wagga
Wollongong

Northern Territory

Alice Springs
Darwin⁶

South Australia

Adelaide⁶
Berri
Edinburgh North
Mount Gambier
Murray Bridge
Noarlunga
Port Augusta
Woodville

Tasmania

Devonport³
Hobart
Launceston

Victoria

Albury Wodonga
Bairnsdale²
Ballarat
Bendigo
Collingwood
Craigieburn
Dandenong⁶
Elsternwick^{5,6}
Frankston⁶
Geelong
Glenroy
Greensborough
Hawthorn
Horsham²
Knox
Mildura
Morwell
Narre Warren⁶
Shepparton

Sunshine
Swan Hill
Warrnambool
Werribee

Western Australia

Albany
Armadale
Broome
Bunbury
Fremantle
Geraldton
Joondalup⁶
Kalgoorlie
Midland⁶
Osborne Park⁶
Rockingham



headspace

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headspace.org.au

¹ Opening 2016

² Opening end of 2016/start 2017

³ Centre outpost from **headspace** Launceston

⁴ Centre outpost from **headspace** Gosford

⁵ Centre operates across two sites (Elsternwick and Bentleigh)

⁶ Centres operating **headspace** Youth Early Psychosis Program

Centre names subject to change

Accurate as of 31 March, 2016