



The Hon Kevin Humphries MP

Minister for Mental Health

Minister for Healthy Lifestyles

Minister for Western NSW

MEDIA RELEASE

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INCREASED MENTAL HEALTH SUPPORT FOR WESTERN SYDNEY YOUTH

Young people in Western Sydney will have access to youth-specific mental health services following the opening of a *headspace* centre in Parramatta today, Minister for Mental Health Kevin Humphries said.

Mr Humphries said Parramatta's *headspace* youth mental health service will provide increased support to young people in areas such as mental health, physical health, alcohol and drug use, and social and vocational support.

"The centre will make a real difference to the lives of young people not just in Parramatta but throughout Western Sydney," Mr Humphries said.

"It will significantly increase access support for substance abuse, depression, anxiety and other mental health issues for young people aged between 12 and 25.

"With one in four young Australians set to suffer from mental illness in any given year it has never been more important to provide increased access to youth-specific mental health services.

"*headspace* is a fantastic example of how local organisations can link up to increase access to mental health, drug and alcohol and other services for young people in youth-friendly settings.

"Today's opening is the result of on-going consultation between myself and the Federal Minister for Mental Health, Mark Butler, to expand *headspace* centres into areas of greatest need, including Parramatta."

Member for Parramatta, Geoff Lee said the opening of a *headspace* centre in Parramatta is a huge win for the local community who have been crying out for increased youth mental health services.

"This is an incredible facility that will see young people obtain accessible and appropriate treatment. Today's opening marks a significant shift in the way mental health services will now be delivered in Parramatta," Mr Lee said.