

# A little headspace makes a big difference



## What is headspace?

headspace is the National Youth Mental Health Foundation. It provides early intervention mental health services and support for young people. It covers four core areas including mental health, physical health, work and study support as well as alcohol and other drug services.

## Who can access this service?

This service is available to young people aged 12 to 25 and their families. It is designed to address issues facing our youth such as relationships, disconnection from the community, drugs and alcohol use and the pressures of performing well at school.

## What services will headspace provide to Manningham's young people?

Manningham City Council is working with headspace Hawthorn and YMCA Manningham Youth Services to bring an outreach service to Manningham. The service will complement existing youth and mental health services currently available in Manningham.

## Why is a headspace youth outreach service important for our community?

Manningham YMCA Youth Services currently offers a range of support services for the young people of Manningham and are an excellent resource. headspace helps complement the current offering by providing additional clinical services locally.

Making the transition into adulthood is never easy. It is important young people and their families can access early intervention for mental health support to help prevent mental health issues from escalating. The service will help break the stigma associated with mental illness and allows us to assist people who would not normally ask for help.

## How will Mayoral Ball fundraising be used and what happens when that money ends?

Fundraising from the Mayoral Ball and other efforts will be used by headspace to deliver services for Manningham for 12 months. The number of days the service will operate will be influenced by fundraising and demand. It will be up and running by March 2018. The exact mix of services to be provided is currently being planned through consultation.

Once demand is established, headspace intends to continue the service by tapping into other funding.

## How can I support headspace?

You can:

- Donate directly to headspace at [www.manningham.vic.gov.au/mayoralball](http://www.manningham.vic.gov.au/mayoralball)
- Buy a Kiwanis raffle ticket. The Kiwanis are running a raffle to be drawn at the Mayoral Ball with 100 per cent of proceeds supporting the headspace outreach program.
- Attend the Mayoral Ball. Buy a ticket to the biggest event in town on Friday 13 October 2017.

With thanks to the 2017 Community Mayoral Ball event partners:

