

Youth Mental Health: headspace in the inner west - Newport Community Hub

In a 2017-18 youth survey, Deakin University¹ found a high prevalence of depressive symptoms across Hobsons Bay's primary and secondary school students. In addition, the rate of mental health inpatient admissions for 10 to 17 year olds (9.06 per 1,000 people) in 2015-16 was higher than the rate for the Western Metropolitan Region (6.46 per 1,000 people) and Victoria (7.85 per 1,000 people). These figures and the survey highlight the critical need for increasing accessibility to local and quality preventative and early intervention mental health services for young people.



Council is calling on State and Federal Governments to:

provide funding to support the establishment of a headspace at Newport Community Hub and expansion of Council's existing youth counselling services

With limited youth dedicated mental health services in Hobsons Bay, young people face a range of accessibility barriers. Barriers include access to transport and travel times to seek support from headspace sites, a youth mental health support service, outside the municipality. A young person residing in Hobsons Bay is potentially required to undergo a one to two hour public transport round trip, excluding the consultation appointment, to access headspace at either in Werribee or Sunshine.

There is consistent demand on Council's funded youth generalist counselling and case management service based in the youth dedicated space in the Newport Community Hub. This demand is anticipated to continually increase.

Establishing a headspace in Newport would ensure young people in the inner west are provided with the critical mental health support they require to be able to fully embrace life's opportunities, deal effectively with personal challenges, and build a prosperous future.

Council is already establishing partnerships with neighbouring councils and potential service providers however is calling on the State and Federal Governments help.

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¹ Communities That Care Youth Survey (2017-18) Deakin University

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