

20 February 2024

Mind Australia officially opens new headspace Box Hill centre

Mind Australia in conjunction with Eastern Melbourne Primary Health Network (EMPHN) and headspace National is proud to announce the opening of a new headspace centre in the heart of Box Hill.

Funded by the Australian Government via the Eastern Melbourne Primary Health Network, the centre provides free mental health and wellbeing support to Box Hill residents aged 12 to 25 years.

headspace Box Hill has been operational since December 2023 and was officially opened on Tuesday 20 February by Dr Carina Garland MP, Federal Member for Chisholm.

“The fact that headspace Box Hill provides free mental health services for young people is important – it removes a barrier for reaching out for help,” Dr Garland said.

headspace Box Hill is designed to be inclusive and allow for young people to seek support for challenges related to their mental and physical health, work, school or study, alcohol and other drugs, and gender or sexuality.

headspace centres exist to give young people a safe space and to provide them with tools, knowledge and ongoing support so they can proactively maintain their wellbeing.

CEO of Mind Australia, Gill Callister (she/her), said Mind is an experienced provider of youth mental health services in Victoria, Queensland and South Australia, including youth residential, youth prevention and recovery care, youth outreach, adventure-based programs and two other headspace centres.

“headspace services are valuable and much needed resources, helping not just young people but their families and friends. We have seen the life-changing difference they can make for a young person through the Mind-managed headspace centres in Greensborough and Plenty Valley,” Ms Callister said.

“We look forward to providing these important mental health and wellbeing supports to young people in the Box Hill region.”

Eastern Melbourne Primary Health Network CEO, Janine Wilson, said headspace Box Hill would provide much needed support to young people in the City of Whitehorse and surrounds.

“This is now one of five headspace service centres, as well as two satellite services, that operate in the eastern and north-eastern suburbs of Melbourne,” Ms Wilson said.

“Both Mind and headspace have incredible experience in making a difference to this significant area of health needs. The centre will provide easy access and professional health care from the diverse range of health professionals on staff and we are pleased to partner with Mind to deliver this Box Hill-based service.”

headspace Box Hill Service Manager, Bowen Guan (she/her), said the centre has been welcomed by the local community since it opened late last year.

“We have a culturally diverse community here and headspace Box Hill is giving young people in the Whitehorse, Manningham and Boroondara areas a place where they can get the support they need to get back on their feet and make the most out of life,” Ms Guan said.

“We have already seen great support from the local community, and we look forward to engaging with schools, TAFEs, sporting clubs and recreational groups throughout Box Hill.”

headspace Box Hill is open Monday to Thursday from 10 am – 6 pm, and on Fridays from 9 am – 5 pm. headspace Box Hill is located on Level 1 at 19-23 Prospect Street, Box Hill.

For access, contact headspace Box Hill on (03) 9810 9310 or email headspace.boxhill@mindaustralia.org.au. Alternatively, contact can be made via Instagram at [headspace Box Hill \(@headspace_boxhill\)](https://www.instagram.com/headspace_boxhill) • [Instagram photos and videos](#)

About Mind Australia

Mind Australia is one of the largest providers of community-managed psychosocial services in Australia with a range of residential, mobile outreach, centre-based and online services.

We provide individualised, evidence-based and recovery focussed support to more than 11,000 people experiencing mental health and wellbeing concerns in Australia every year.

For more information visit www.mindaustralia.org.au.

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