

11 October 2021

## **Mind welcomes new headspace Plenty Valley satellite centre**

Mind Australia in conjunction with headspace National and the City of Whittlesea is proud to announce the opening of a new headspace service at Plenty Valley Westfield.

Funded by the Federal Government via the Eastern Melbourne Primary Health Network, the service operates three days a week and provides free mental health and wellbeing support to City of Whittlesea residents aged 12 to 25 years.

The launch of headspace Plenty Valley coincides with Mental Health Week 9-17 October.

headspace Plenty Valley operating out of Council's The Edge Baseline Youth Services 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.

CEO of Mind Australia, Gill Callister, acknowledges the opportune timing of the launch.

"I am delighted to see the expansion of headspace services in the north east, with the opening of the new satellite centre in Plenty Valley. The timing of this is critical – we know that the successive lockdowns are taking a heavy toll on the mental health of young people, and Plenty Valley is no exception.

"The pandemic has really highlighted the importance of community mental health support for young people and their families, and the opening of headspace Plenty Valley is critical for addressing that need," she said.

headspace Plenty Valley is open Tuesdays, Wednesdays and Thursdays from 9am – 5pm and is located at Westfield Plenty Valley inside The Edge, Baseline Youth Services. The centre is now taking bookings, however under lockdown restrictions is operating via telehealth appointments only.

For access, contact headspace Plenty Valley on (03) 9938 1940 or email [headspaceplentyvalley@mindaustralia.org.au](mailto:headspaceplentyvalley@mindaustralia.org.au). Alternatively, contact can be made via Facebook at [facebook.com/headspacePlentyValley](https://www.facebook.com/headspacePlentyValley)