

**9 October 2019**

## **BYRON'S ICONIC LIGHTHOUSE RUN FOR YOUTH MENTAL HEALTH**

Youth mental health service headspace Lismore will get a boost from the iconic Byron Bay Lighthouse Run.

The thirteenth annual fundraiser run will kick off on Sunday 20 October at Clarkes Beach Carpark in Byron Bay. Service Manager of headspace Lismore, Teri King, is thrilled that the centre will be receiving 50% of all proceeds to better support young people who are going through a tough time.

“We plan to put part of the donations towards establishing social, therapeutic and educational groups and workshops for young people and their family members,” Ms King said.

“Additionally funds will go towards setting up Telehealth psychiatry at the centre. We know there is a lack of psychiatry services in the region and hear the community’s need for these services to be affordable.”

The event organiser Lisa Parkes said the run has grown from humble beginnings with much in-kind support from volunteers and local business sponsorship.

“The organisers take no money from the event at all – all money raised goes to charity,” Ms Parkes said.

“The run selects two new charities every five years. We are really excited to be supporting headspace Lismore and the great work they do for young people in our region.”

Participants can register for the 10km run, 6km walk or 1km kid’s dash. To register for the event or for more event information and this year’s charity causes go to [byronbaylighthouse.com.au](http://byronbaylighthouse.com.au) or search @byronbaylighthouse on Facebook and Instagram

**ENDS**

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**Interviews:** Available on request. Please contact Amanda Shoebridge to organise.

**Photo credit:** Social Futures

**Note to editors:**

1. Social Futures is a community service organisation based in Northern NSW. We have more than 40 years' experience as a regional leader, advocating with the communities we work in; working in partnership with others; and providing services that promote inclusion, fairness and social justice. Our work encompasses homelessness and housing supports, youth and family services, programs that promote genuine participation for people with disability, community sector support, professional development, and systemic advocacy.
2. headspace is the National Youth Mental Health Foundation providing early interventional mental health services to 12-25 year old. The headspace Lismore centre provides a range of free services to support young people with their mental health, physical and sexual health, and drug and alcohol use. headspace Lismore and headspace Tweed Heads are programs of Social Futures.