

media alert

Support mental health in Lismore at Green day!

23 October 2019

On Saturday 26 October 2019, the Lismore community has been invited to come together to celebrate our annual Green Day event for headspace day – a national day of support for the mental health and wellbeing of all young Australians.

One in four young Australians will experience a mental health issue each year. headspace Lismore is inviting media and members of the community to join them in coming together to acknowledge this event and the importance of a healthy headspace.

headspace Lismore believes that young people are resilient, and with the right support and tools can get through tough times. We are encouraging young Australians to learn some simple tips to help them build and maintain a healthy headspace.

In Lismore, we will be holding a free event to raise awareness of mental health and celebrate youth! There will be live performances from local artists, free BBQ, art space, jumping castle, shared experiences, and stalls to have fun and engage with.

When: 1-4pm Saturday 26 October 2019

Where: The Quad – 110 Magellan Street Lismore

Media opportunities

There'll be an opportunity for the media to:

1. Take photographs of the community engaging in activities to build a healthy headspace.
2. Hear from Janelle Saffin, local MP, about mental health in our community.
3. Hear from Tony Davies, CEO of Social Futures (lead agency of headspace Lismore), about the importance of early intervention mental health services for young people.
4. Take photographs and listen to local young artists showcase their talents.

For further information, contact:

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About headspace

headspace is the National Youth Mental Health Foundation providing early intervention mental health services to 12-25 year olds. headspace has 110 centres across Australia in metropolitan, regional and remote areas, as well as online and phone support services through eheadspace. headspace can help young people with mental health, physical health (including sexual health) alcohol and other drug services, and work and study support. Centre details, as well as factsheets and resources for young people and their families and friends, can be located on the headspace website: headspace.org.au.