



## Brisbane's Story Bridge goes green for headspace Day

One in four young Australians will experience mental health issues<sup>1</sup>

October 4, 2017

In celebration of **headspace Day 2017**, the Story Bridge in Brisbane will go green the night of Monday October 9, 2017.

During the day **headspace** centres from across South-East Queensland will come together to provide a pop up self-care stall in King George Square from 10am – 1pm. Representatives from headspace Ipswich, Nundah, Meadowbrook, Taringa and Woolloongabba will all be there to give people the opportunity to chat **self-care** and **reduce the stigma** surrounding seeking help sooner for mental health issues.

**Young people aged 12-25**, family and friends are welcome to come down and check out the event, collect information for themselves or others and get involved in the **collaborative art pieces** that will eventually hang in local headspace centres. People are also encouraged to get involved by **sharing their self-care tips** on a headspace Day placard (available at the event) or by downloading from [headspaceday.org.au](http://headspaceday.org.au) and posting on social media using #headspaceday

Community Engagement Coordinator for headspace Nundah and Woolloongabba, Johanna Dore, said sharing your positive mental health practices can have wide-ranging benefits.

"So often people forget how important their mental health is in comparison to general health. The two go hand-in-hand. We don't hesitate to go to the doctor when we're sick, but when it comes to mental health there seems to be hesitation or guilt about looking after ourselves mentally".

Ms Dore said there are a lot of simple things you can do that really promote good mental health – including exercise, meditation and staying connected to mates.

"We want people right across the country to share their personal mental health tips and to play a part in supporting young people who might be struggling with their mental health," Ms Dore said. "We're hoping

people will see the Story Bridge turn green on Monday night and use it as a reminder to be mindful of how they are and schedule in self-care time”.

### The facts:

- One in four young people have experienced a mental health issue in the past 12 months – a higher prevalence than all other age group; <sup>1</sup>
- Suicide is the leading cause of death of young people, accounting for one third of all deaths;<sup>2</sup>
- Research shows that 75 per cent of mental health issues emerge before the age of 25;<sup>3</sup>
- By treating these issues early and providing a holistic model of support, the risk of them developing into more serious problems is greatly decreased.

### How you can get involved

1. Go to [headspaceday.org.au](http://headspaceday.org.au), download a **headspace** day placard and get some tips for a healthy headspace.
2. Share your personal mental health tip on the placard and hold it up in a photo that can be posted on your social media channels using #headspaceday

### Media contact:

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**Community Engagement Coordinator – headspace Nundah & Woolloongabba**

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### About headspace and Aftercare:

headspace is the national youth mental health foundation providing mental health services to young people aged 12-25. With a focus on a more holistic approach to mental health and general well-being, headspace provides young people access to psychological and general health services, alcohol and drug counselling and work and study support. For more information on the service please see [www.headspace.org.au](http://www.headspace.org.au)

Aftercare is the largest provider of headspace services nationally and is the longest serving mental health services organisation in Australia. For more information contact [www.aftercare.com.au](http://www.aftercare.com.au) or call 1300 00 1907.

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<sup>1</sup> 4840.0.55.001 - Mental Health of Young People, 2007 One in four young Australians have a mental disorder: ABS

<sup>2</sup> 53303.0 ABS Causes of Death, Australia, 2012 (2014). Underlying causes of death (Australia) Table 1.3

<sup>3</sup> Kessler RC, Berglund P, Demler O, Jin R, Merikangas KR & Walters EE (2005). Lifetime prevalence and age of onset distributions of DSM-IV Disorders in the National Comorbidity Survey replication. Archives of General Psychiatry, 62, p 593