

## Lithgow's in a new headspace

**10<sup>th</sup> October 2018** – Marathon Health and Wentworth Healthcare, provider of the Nepean Blue Mountains Primary Health Network, are excited to announce that the **headspace** Lithgow satellite is close to fruition, with a site locked in at 23 Main Street.

Earlier this year, Wentworth Healthcare appointed Marathon Health to operate the satellite in response to concerns that there were limited youth centred services in the Lithgow area. The satellite will be part of the **headspace** Bathurst service, but feature locally based staff and a service location to support the needs of the Lithgow community.

Stephen Jackson, Marathon Health CEO, says it has been wonderful to see the community rally behind this much needed service.

“Young people in regional areas often struggle to find services that will meet their individual needs. It's been great that the community, Nepean Blue Mountains PHN and Lithgow City Council are working quickly to fill an identified gap in youth mental health with a service that is committed to young people and their wellbeing.

“We have been working closely with the community to find the right site for the service location and are pleased to announce that we have signed a lease for 23 Main Street.

“We will be getting input from Lithgow's youth population in regards to the look and feel of the satellite to ensure it is a place young people feel comfortable to visit, and we hope fit out will commence in the next month.”

Lizz Reay, CEO of Wentworth Healthcare says, “Primary Health Networks develop locally tailored responses to address the health needs of our region. We know that mental health is a high priority in Lithgow so I am thrilled that we have been able to provide this funding”.

Peter Rohr, Marathon Health's Group Manager of **headspace** Services, says **headspace** Lithgow will employ staff to be based in Lithgow and will also look to partner with existing service providers to ensure young people can receive the care they need, when they need it.

“Our focus will be on early-intervention, education and awareness regarding mental health. We will be working with existing service providers to address youth mental health in a connected and collaborative way.”

**headspace** provide 12-25 year olds mental health support, physical and sexual health, assistance with alcohol and other drugs, employment and education support, as well as information and support for parents and carers.

Marathon Health is one of the largest providers of **headspace** services in Australia with centres in Bathurst, Cowra, Dubbo, Orange, Canberra and Queanbeyan, and is excited to bring their expertise to Lithgow.



### Bathurst Office:

102 Keppel St  
PO Box 175  
Bathurst  
NSW 2795  
T 02 6333 2800  
F 02 6333 2899

### Dubbo Office

106 Talbragar St  
PO Box 1834  
Dubbo  
NSW 2830  
T 02 6826 5200  
F 02 6826 5299

### Wagga Office

Suite 2, 32 Kincaid St  
PO Box 138  
Wagga Wagga  
NSW 2650  
T 02 6937 2000  
F 02 6937 2099

### Canberra Office

2 Phipps Close,  
Deakin  
ACT 2600  
T 02 6180 2824

The service is expected to begin to deliver services in late 2018 and will be officially launched early next year.

If you are a young person with something going on, you can access support via the following channels:

**24 hour Helplines – (In an emergency please call Triple Zero)**

Mental Health Line: 1800 011 511

Suicide Call Back Service: 1300 659 467

Lifeline: 13 11 14

**Online Resources**

eheadspace: <https://www.eheadspace.org.au/>

Beyondblue: [www.beyondblue.org.au](http://www.beyondblue.org.au) Way

Ahead: [www.wayahead.org.au](http://www.wayahead.org.au)

**ENDS**

**Media contacts:**

Nicole Parsons  
Media and Communications Manager  
Wentworth Healthcare  
T: 4708 8191  
M: 0412 505 854

Emily Roberts  
Media and Communications Officer  
Marathon Health  
M: 0428 924 523

