



# NEWS RELEASE

Australian Divisions of General Practice Ltd.

18 July 2006

## Ground breaking initiative for young Aussie's mental health

Today's launch of **headspace**, a new \$54 million initiative to address mental health and drug and alcohol issues experienced by young people has been welcomed by consortium member, the Australian Divisions of General Practice (ADGP).

ADGP in conjunction with the ORYGEN Research Centre, the Australian Psychological Society and the Brain and Mind Research Institute will work as a coalition to directly target this spiraling issue affecting so many young Australians.

ADGP CEO and member of *headspace* Foundation Executive Committee, Kate Carnell said **headspace** will establish a national network to ensure young people with mental health and drug and alcohol problems are not overlooked by the health system and ignored by the community services that can help them on the road to recovery.

"The program will establish a first class research centre, improve professional training of mental health workers, integrate mental health services by creating at least thirty centres across the Australia and will undertake targeted campaigns to remove community stigma surrounding youth mental illness," Ms Carnell said.

**headspace** represents a national commitment to youth mental health, crossing state and territory borders and developing coordinated programs between health professionals and other groups such as schools and police.

"ADGP is proud to be part of this innovative national solution. The **headspace** model of coordinated care is one that should be adopted for all health services. GPs being able to refer patients to the specific type of care they need, whilst still being involved with the patient using a coordinated, team-based approach" Ms Carnell said.

**headspace** will be driven by evidenced-based approaches. Early intervention, access to treatment and understanding the links between drug and alcohol abuse and mental health will underpin new models of care.

"Only one in four young people with mental-health problems receive professional help. By recognising the early signs, knowing where to go to get help and looking at the impacts substance abuse has on mental health, changes will be seen in the way young people with mental illness access and receive care.

"The federally funded project will make real differences to young people's lives. It will prevent mental health problems becoming more serious, provide new and appropriate care options and support and sustain recovery" Ms Carnell said.

For more information please call Kate Carnell, ADGP Chief Executive Officer, on 0415 662 266

### WHAT IS ADGP?

- ADGP is the peak body representing 119 Divisions of General Practice and eight State-based organisations (SBOs) around Australia. The Divisions Network supports general practice and their practice teams and drives the implementation of innovative health strategies.
- ADGP, through the Divisions Network, works to integrate general practice with other sectors of the health system, both government and non-government, to deliver high quality care to the Australian community.
- ADGP is committed to promoting the health of all Australians by supporting the role of Divisions in the nation's primary health care system.

