

## MEDIA RELEASE

Monday 8 October 2018

### Walk the rainbow for mental health and join the party on headspace Day

**headspace** Newcastle is calling for young people aged 12-25 to head to King Edward Park this Thursday to take part in a Rainbow Walk and party for national **headspace** Day.

**headspace** Day will be celebrated around Australia on October 11 with this year's theme being *Add a little colour to your day*. This national day of awareness is about promoting simple tips that young people can follow to help build their mental health and wellbeing.

**headspace** Newcastle Manager, Dr Stephen Hirneth, said the event was a fun way to bring the Hunter's youth community together, while bringing awareness to an important issue which affects so many.

"One in three young Australians are reporting high or very high levels of psychological distress and we want them to know that **headspace** is here to help if they are going through a hard time," Dr Hirneth said.

"We invite all young people to come along and support those who are living with mental illness. It will be a great day of celebration, colour and fun with the opportunity to get some advice on a range of health services.

"Please come in white clothes and be ready to get colourful!"

**Date:** Thursday October 11

**Location:** King Edward Park, York Dr Newcastle

**Time:** 1.30pm – Registration at the front entrance of the park  
2.00pm – Rainbow Walk/Run kicks off!

The walk will be followed by a colour party with a DJ to add a bit of colour to your day! There will also be activities, giveaways and wellbeing advice.

To register for this FREE event, find the event on [Facebook](#) and join via [eventbrite](#).

To find out more call the **headspace** Newcastle team on **02 4929 4201**.



#headspaceday

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