

MEDIA RELEASE

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New service to support youth struggling with drug and alcohol misuse

headspace Newcastle has launched a new service to offer counselling and support to young people in the Hunter region, aged 12-19 years, who are experiencing moderate to severe difficulties with their drug and alcohol use.

The **headspace** Newcastle Youth Alcohol and Other Drugs Service offers a range of psychological services, which can include: online resources and support; counselling and interventions delivered either face-to-face or over the telephone; aftercare support to focus on relapse prevention; and care co-ordination to support and facilitate young people accessing services such as GPs, employment services, and housing services.

headspace Newcastle Manager, Dr Stephen Hirneth, said the initiative would complement the vital services already provided by **headspace** Newcastle to young people in the Hunter region and give young people and their families much-needed support in managing difficulties with drug and alcohol use.

“Drug and alcohol misuse is an issue facing many young Australians. **headspace** Newcastle has a well-established track record in delivering quality mental health services to young people in our community and our new, tailored service will allow us to offer additional levels of support and interventions in this area of need,” Dr Hirneth said.

“If alcohol or other drugs are affecting you or a young person in your life in a negative way, it is important to know that you are not alone - there is support available here in Newcastle to help you improve your mental health and wellbeing and learn to the skills to guide you to recovery and a better headspace.”

Young people can access the service by contacting the **headspace** Newcastle intake team or through their GP or other service providers (youth services, schools, health services). Access to the service is free and a mental health treatment plan is not required.

To find out more about the **headspace** Newcastle Youth Alcohol and Other Drugs service and the eligibility criteria call the **headspace** Newcastle team today on **02 4929 4201**.

For media enquires contact Katie Vullo on 0407 956 861 or kvullo@hunterprimarycare.com.au

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