



**HEAD TO  
HEALTH**



**MEDIA RELEASE**

**TUESDAY 14 FEBRUARY 2023**

## **Head to Health Centre officially opened at new site**

Today The Hon Emma McBride MP, Assistant Minister for Mental Health and Suicide Prevention, officially opened the new site for Canberra's much-needed mental health service, [Canberra Head to Health](#). The Canberra Head to Health Centre provides free and accessible mental health services to adults in the Canberra community, without an appointment or referral.

"Canberra Head to Health has been demonstrating its value to the local community, providing a safe and welcoming place for people needing mental health supports over the past year and filling areas of service gaps in local services. The Australian Government is funding this service to ensure people can get the help they need, when they need it, with no out of pocket costs," said Assistant Minister Emma McBride MP.

Think Mental Health Director and Clinical Psychologist, Jason McCrae said the new Head to Health centre is now in the heart of Canberra city, having moved from Deakin.

"Canberrans no longer have to wait weeks or even months for mental health support. The centre's new facilities, services and more convenient location will provide easier access to free mental health services. We're in close walking distance from the bus interchange and light rail terminus, and easily accessible for anyone with mobility issues. We're also located close to the ANU Campus to help support students," said Mr McCrae.

Staffed by a multidisciplinary team of psychologists, mental health workers and social workers, the new Centre provides additional space in a more accessible and central location, making it easier for Canberrans to access free support in-person. Support is also available online or over the phone.

Capital Health Network (CHN) CEO Megan Cahill said the centre has been guiding Canberrans to access the right local mental health information, services and support without a referral or appointment.

"In just over 12 months, the centre has received over 3,800 phone calls with over 500 individuals completing clinical assessments. Over 900 clinical sessions have been delivered. Now that it's moved to the new city location, it will be even more accessible with larger treatment spaces," said Ms Cahill.

CHN, ACT's Primary Health Network (PHN), commissioned Think Mental Health to develop and deliver this essential service to the Canberra community. Canberra Head to Health is supported by funding from the ACT PHN through the Australian Government's PHN Program

Canberra Head to Health is at 14 Childers St, Canberra City. No appointment or referral required. For more information phone 1800 595 212 or visit [www.canberraheadtohealth.com.au](http://www.canberraheadtohealth.com.au).

## **MEDIA CONTACT**

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