



Centre for
Rural & Remote
Mental Health

**The Centre for Rural and Remote Mental Health
Is pleased to welcome**

**Bryan Hoolahan & Narelle Stocks
Presenting**

**‘What’s in your headspace?’
Central West NSW Youth Mental Health Initiative’**

**Thursday 24 July 2008
12.00 – 1.00pm**

Centre for Rural and Remote Mental Health, Orange

Bryan Hoolahan

Program Support Manager, Central West Division of General Practice

Bryan manages the delivery of health programs and services provided by the Division, including The More Allied Health Service Program, The Access to Allied Psychology Services Program, the Medical Specialist Outreach Assistance Program, Immunisation Program, Quality Use of Medicines Program, Drought Mental Health Project, and Headspace and associated grants. Bryan is a Psychologist and Conjoint Lecturer for CRRMH.

Narelle Stocks

Service Integration Manager, NSW Central West Headspace

Narelle manages the Headspace project, site and staff, and leads the development of a new integrated primary mental health service for young people.

About Headspace:

NSW Central West headspace provides a range of services that assists in health promotion, early detection and intervention as well as treatment options to improve the long-term mental health and wellbeing of young people aged between 12 and 25 years. NSW Central West headspace provides a safe, secure, friendly and interesting place for young people to visit and interact and it will be located in Bathurst and outreach to other communities, such as the estate of Kelso which has a high youth and indigenous population, the smaller nearby towns of Blayney, Oberon, and in particular the larger rural town of Cowra.

NSW Central West headspace will provide young people with access to various health professionals to assess their physical wellbeing, provide connections to educational, vocational and occupational opportunities, provide targeted early treatment for mental health and drug and alcohol problems as well as run promotion and prevention activities that aim to build resilience and raise young people’s and the community’s awareness of mental health and wellbeing.

Source: <http://www.headspace.org.au/nswcentralwest/>

Registration - Free

**Please RSVP to CRRMH on 02 6360 7828 or
Catherine.Rogers@gwahs.health.nsw.gov.au
By Monday 21 July 2008**