

Media release



Launching *readspace*

A new service at headspace Berri

Wednesday, 5 December 2018

headspace Berri have officially launched *readspace* enabling young people in the Riverland region access to a free library for booklovers to share and swap their books.

readspace has been set up in the waiting area at **headspace** Berri. Simply choose a book you would like to read and leave any pre-read book for others to enjoy. There is no cost for this service and operates on an honour system.

readspace is an initiative of the 2018 headspace **hERO group**. The **hERO Group** is made up of a diverse group of young people of varying ages, genders and cultural backgrounds that work with **headspace** Berri to ensure young people's voices and opinions remain front and centre. The **hERO group** are passionate about making a difference in the lives of young people.

hERO Group member Brittney said,

"I wanted *readspace* because I love books, I love stories and words, but most of all I love the idea that some of my treasured books could become a new favourite for someone else. We all have our own favourite genre or writing style, and with *readspace* we can share with one another."

hERO Group member Brooke said as a book lover herself,

"I wanted young people in the Riverland to have access to a space that is focussed on books and reading. Most youth spaces are focussed on sport, there are no book clubs for young people. It's something I would have wanted when I was younger. I want young people who normally wouldn't have access to multiple books to be able to come into **headspace** and be able to find something there."

headspace Berri's Community Engagement Officer Karlie Rice said it has been great to see the **hERO Group's** dedication to young people with this initiative.

"It is very exciting to see the **hERO Group's** passion and enthusiasm for young people expressed with such positive initiatives. We have also been fortunate to receive community support with donations of books to keep the shelves full. The feedback already received about *readspace* has been really positive, which is a great start."

headspace Berri Centre Manager Prue Sinoch said staff and supporters are proud to celebrate this achievement.



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About headspace

headspace is the National Youth Mental Health Foundation providing early intervention mental health services to 12-25 year olds, along with assistance in promoting young peoples' wellbeing. This covers four core areas: mental health, physical health, work and study support and alcohol and other drug services. We're proud to say that **headspace** has provided over 2 million* services (centres, online and phone) helping 355,000* young people.

headspace Berri was established in 2008, and is one of 101 **headspace** centres currently in operation throughout Australia. Current statistics show that one in four young people have experienced a mental health issue in the past 12 months – a higher prevalence than all other age groups. Research shows that 75 per cent of mental health issues emerge before the age of 25. At **headspace** Berri we aim to treat these issues early and provide a holistic model of support, greatly reducing the risk of them developing into more serious problems.

**Statistic accurate as of 30 June 2017*