

9 July 2026

New headspace outreach service announced for Baw Baw

Young people in Baw Baw will have easier access to free or low-cost mental health support closer to home, following an [Australian Government announcement](#) that the region has been named as a location for a new [headspace](#) outreach service that will be established this financial year.

The new service is part of a more than \$27 million Australian Government investment to establish a network of 20 headspace outreach services across regional and remote Australia, helping to bring vital mental health care directly to young people who may otherwise face barriers to accessing support.

Gippsland PHN has welcomed the announcement, which will expand access to early intervention mental health support for young people aged 12 to 25 years living in Baw Baw.

The service is expected to provide access to a range of supports including:

- Mental health support, including counselling and therapy for stress, anxiety and depression
- Physical and sexual health support, including health information, advice and referral pathways where appropriate
- Alcohol and other drug support
- Education and employment assistance to help young people achieve their study and work goals
- Culturally safe and inclusive support, including support from local First Nations workers and youth wellbeing workers

Beyond service delivery, the outreach service will connect with young people through targeted outreach activities, community engagement and wellbeing initiatives designed to promote connection, inclusion and positive mental health.

Gippsland PHN Chief Executive Officer, Amanda Proposch, said the announcement was welcome news for young people, families and communities in Baw Baw.

“Shame, stigma and access to safe, youth-friendly services can be significant barriers for young people in rural and regional areas,” Ms Proposch said.

“Having support available closer to where young people live, study and work can make it easier to seek help early and stay connected to care.”

“We acknowledge the community and stakeholder feedback and advocacy that has continued to highlight the mental health and wellbeing needs of young people in Baw Baw and helped identify local service gaps.”

“The new Baw Baw service will be linked to the Morwell headspace centre and will complement the existing network of headspace services across Gippsland, with well-established headspace centres already operating in Bairnsdale, Sale and Wonthaggi.”

There are currently 175 headspace services nationally, including 94 in regional Australia, with the network expected to grow to more than 200 services by 2028–29.

For young people who prefer online or phone support, headspace provides free telephone and web-based services for Australians aged 12 to 25 years.

For more information about headspace services, visit the [headspace website](#) or call 1800 650 890.

To learn more about mental health and suicide prevention programs available in Gippsland, visit the [Gippsland PHN website](#).

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