

# MEDIA RELEASE

## Community comes together to tackle youth mental health in the Blue Mountains

**Monday 2 September:** Youth in the Blue Mountains and surrounding regions face higher rates of hospitalisations due to mental health distress, with figures exceeding the state average.

Mental Health Coordinating Council, the peak body for non-government community mental health services– with co-hosts - Blue Mountains City Council, Uniting NSW.ACT, Nepean Blue Mountains Primary Health Network, Nepean Blue Mountains Local Health District, Wellways and Flourish Australia – will hold an important community event on **Wednesday 4 September** for local mental health service providers to come together, share knowledge, and explore new strategies to better support youth in the region.

The upcoming event, with an opening address by the Member for Blue Mountains, Trish Doyle, will unite local community members and highlight the ongoing work needed to address youth mental health challenges. It is an opportunity not only to discuss the current issues but also to foster stronger partnerships among organisations working on the frontline of mental health care.

Community mental health workers have been invited to attend the event to collaborate, share strategies, and build robust networks to better support youth as the region deals with ongoing demand for services.

These workers, who play a critical role in the mental health landscape, will have the chance to engage directly with one another, share best practices, and develop a coordinated approach to tackling the mental health crisis among young people.

Mental Health Coordinating Council's Director of Policy and Systems Reform, Corinne Henderson, emphasises the significance of this gathering: "This event is a crucial opportunity for our community to come together and strengthen the networks that support young people. With the challenges identified in the Blue Mountains, it's more important than ever to ensure that mental health services are not only available but deeply connected and responsive to their needs."

Key speakers at the event include Marita Schwendler from Child, Youth & Family Mental Health, Nepean Blue Mountains Local Health District, Priseilla Seghabi, Family and Carer Mental Health Program, Uniting, Kelley Phillips Hulm, Headspace Katoomba, Nicola Lomax, Youth Community Living Support Services, Wellways and Simone Angus, Ted Noffs Foundation.

**Media are welcome to attend. To request an interview with Corinne Henderson,** contact Julia Ni on [julia@mhcc.org.au](mailto:julia@mhcc.org.au) or 0403 011 135.