

Media release



For Immediate Release

29 March 2019

headspace Maitland celebrate Youth Week 2019 with GABFEST

headspace Maitland are busy putting plans in place for the celebration of their biggest youth week yet with the launch of GABFEST 2019, to be held on Monday 15th April.

headspace Maitland Centre Manager, Felicity Scott, said GABFEST is a forum for young people to speak, present and/or perform about what is most important to them.

"Past events have provided young people with an opportunity to share their creative talents in a safe and supportive space to showcase talents to friends, family and the community. It's a great celebration of the wonderful things that young people contribute to our community," Ms Scott said.

headspace Youth Reference Group member, Ashlee Stephens, first performed at GABFEST in 2017 and said it was a supportive process that helped boost her self-confidence.

"During the talk I was extremely nervous as public speaking is not my forte, but it felt amazing to be talking about something that I'm so passionate about. The headspace team helped me throughout the whole process and since that time, I've improved my public speaking skills which has really helped at Uni," Ashlee said.

Youth week will be celebrated across the country from 10-18 April this year and encourages young people and their communities to come together to connect, share, speak out and celebrate.

"GABFEST is intended as an opportunity for young people to freely express themselves. This could be a presentation on a topic, a music performance, a stand-up routine, a story or poem, an artwork you have made, you could choreograph a dance, or something else! We're keen to celebrate the talents that our young people have to offer this youth week," Ms Scott said.

"I would definitely recommend giving GABFEST a go; nerves are normal, but it does feel really great to be able to share what you love and what you think is important with other young people," Ashlee said.

headspace Maitland Youth Reference Group is looking for young people to perform, speak and create and is requesting that expressions of interest be sent to headspacemaitland@samaritans.org.au or by calling for more information on 4931 1000.

If you, or someone you know, is going through a tough time, you can contact **headspace** Maitland. You can also find a number of online resources and factsheets at headspace.org.au.

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Media Contact: Please contact Samaritans Communications team on 4960 7100 to arrange an interview or photograph opportunity.

About headspace

headspace is the National Youth Mental Health Foundation providing early intervention mental health services to 12-25 year old's. **headspace** has 106 centres across Australia in metropolitan, regional and remote areas, as well as online and phone support services through **eheadspace**. **headspace** can help young people with mental health, physical health (including sexual health) alcohol and other drug services, and work and study support. Centre details, as well as factsheets and resources for young people and their families and friends, can be located on the **headspace** website: headspace.org.au