

Media release



For Immediate Release

1 March 2019

Vote of confidence for local teens

headspace Maitland will next week host a free one-hour workshop in partnership with the Australian Electoral Commission (AEC) to assist young people in learning about elections and the voting process.

headspace Maitland Centre Manager, Felicity Scott, said the centre has partnered with the AEC to help educate young locals on the 'how and why' of voting ahead of upcoming elections.

"Giving young people the opportunity and knowledge to vote is empowering. It's important that they gain an understanding of the full process so that they can have a fair opportunity to influence the decision-makers who represent them," Ms Scott said.

The 101 workshop is aimed at 12-25 year olds to inform them about what valid votes look like, to find out if they're enrolled already, to understand their rights and responsibilities around voting and how the voting system works.

"The purpose of this workshop is to strengthen the capacity of young people to be able to make informed decisions on their future.

"It's important for all young Australians to have a voice and voting is one opportunity to be heard as a part of our democracy. By providing opportunities to be educated about voting, we hope that we'll encourage more young people to embrace their right to advocate for what they believe in," Ms Scott said.

The workshop will be held at **headspace** Maitland, 73 Elgin St, from 4-5pm on 6th March.

Participants are encouraged to register their attendance by contacting headspacemaitland@samaritans.org.au or phoning 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.

- **ENDS** -

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 olds. **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