

# Media release



For Immediate Release

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## Youth get indoor sports boost through headspace Maitland

Young males between the ages of 12-25 are being offered free sports registrations in Maitland, in an effort to pull them off the couch and into the sporting ring, boosting their physical and mental health.

**headspace** Maitland Centre Manager, Felicity Scott, said the centre has teamed up with Maitland Indoor Sports Centre to offer 13 free team registrations for young males to join their indoor sports competition.

“Maintaining your mental health and your physical health are so important. We know that young men have the lowest rates of help-seeking behaviour of any demographic group, as well as the lowest rates of awareness of available mental health services.

“By engaging young men in this partnership, we hope to address this challenge which often contributes to poorer mental health outcomes including higher rates of risk-taking, antisocial behaviour, substance abuse and suicide,” Ms Scott said.

Indoor cricket, soccer and junior cricket and soccer are offered as a part of the program, with competitions commencing in March.

“There are some simple things that we can all do to promote mental health- participating in activities that you enjoy, connecting with people, learning new strategies to handle tough times, eating and sleeping well and staying active which is what this program promotes. **headspace** Maitland is a welcome space that young people can come to if they need someone to talk to,” Ms Scott said.

To get involved, young men are encouraged to get in contact with **headspace** Maitland for more information and an application form for their team.

“Free registrations are limited, so we’d encourage young people to get in contact with us as soon as possible,” Ms Scott said.

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](http://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 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](http://headspace.org.au)