



Jason Wood MP
Federal Member for La Trobe

MEDIA RELEASE

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Jason Wood MP Fights for Headspace in The Hills

Yesterday Federal Member for La Trobe, Jason Wood MP moved a motion in Parliament regarding the impact suicide has on our communities.

“I must say it was one of the most important motions I have ever moved in the House of Representatives” Mr Wood said. Emotive speeches followed by Members from both sides of the House.

The impact of suicide on our communities is felt in the length and breadth of electorate’s right across Australia.

“In my own electorate of La Trobe we are not immune from these tragedies.” Mr Wood said.

“I have had several conversations with the Minister for Health, Peter Dutton MP and organisations such as headspace to address some of these concerns. Headspace is a vital part of our youth mental health strategy. The help they provide for young people, who can go through tough times, is invaluable.”

Mr Wood spoke of concerning statistics. In Australia, over one in every 10,000 people takes their own life each year. Suicide is also a leading cause of death in Australia for men under the age of 44 and women under the age of 34.

“I am so pleased to say a headspace facility will be located at the Fountain Gate Shopping Centre.

“I’m working very hard to get a headspace facility in the Belgrave Health Hub as well. This is a major priority for me and the people of the Dandenong Ranges.” Mr Wood said.

The reasons people take their lives are complex, however we do know a significant risk factor can be depression and anxiety.

Many organisations offer support mental health support. Beyond Blue, Lifeline, the Black Dog Institute, SANE Australia and Headspace are just some of the organisations where people can seek help.

“This seems to be the key. We need to get people who suffer with depression and anxiety to seek help. You see, depression and anxiety can be managed to a certain extent. But to do so, we all need to recognise troublesome depression and anxiety when it presents itself.

“A very good start is your local General Practitioner. They understand and can get you the care you need. I would imagine community awareness is also causing more people to seek help, this is a great thing.

“We need to talk more about mental health. We need to recognise when someone has a problem in our community and ask them to get help, or seek the help for them – to do this we need the facilities and that’s why I’m lobbying for a headspace in Belgrave.” Mr Wood said.

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