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MEDIA RELEASE

28 May 2019

YNOT Supports Labors Mental Health Workers in Schools Initiative

The Youth Network of Tasmania (YNOT) welcomes Labors announcement today to introduce mental health workers in all Tasmanian State primary and high schools.

Labors mental health workers in schools program will provide young people with direct counselling support and early intervention services, as well as coordinating appropriate support for young people with complex needs.

Tania Hunt, CEO said “Mental health has been identified as the leading health concern by young Tasmanians during our consultations. Members of the 2018 Tasmanian Youth Forum (TYF) on Health and Wellbeing identified anxiety, depression, stress, and feeling overwhelmed and pressured as significant areas of concern for young people.”

Evidence suggests that more than 75% of mental health issues develop before the age of 25¹. Greater investment in prevention and early intervention services for young people will reduce the demand for costly tertiary services and save lives. Tasmania currently has one of the highest youth suicide rates in the nation.

“Prevention and early intervention services are vital in improving mental health and wellbeing and preventing long term mental ill health.”

“The introduction of mental health workers in schools will provide young people with timely access to mental health information and support, contributing to positive health outcomes.” Ms Hunt said.

YNOT represents the interests of 85,000 young people aged 12-25², 60 member organisations, and approximately 300 youth sector workers state-wide. Our mission is to work with young people, the Tasmanian youth sector and all levels of government to increase the participation and contribution of young people in the state.

Media enquiries:

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¹ <https://headspace.org.au/about-us/who-we-are/>

ynot is the peak body representing the voice of Tasmanian youth

