

MEDIA RELEASE
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**New funding for MENTAL HEALTH SUPPORT AND COUNSELLING and
essential ingredient for young people**

Twenty10 welcomes Gillard announcement of Federal funds

An alarming number of young people are not receiving the counselling and mental health support they need because of long waiting lists and over-stretched staff, according to a leading youth service for young people of diverse gender, sexes and sexualities, the Twenty10 Association.

Twenty10 recently launched their *Counselling Services Needs Assessment* which details the large number of requests for support that the agency receives and the number of young people who have to be turned away. Managing Director of Twenty10, Rebecca Reynolds, explains that the report confirms a dire situation. "Twenty10 has a very talented, committed and passionate team of staff. For the last four years we have self-funded a counsellor role that has capacity for 12 clients at a time, but who currently, due to high demand, is seeing 20 clients. It is a constant and ongoing concern to us about those young people who cannot access the services that they need to keep them safe".

The report author, Raina Jardin, found that 93% of young people contacting the service for counselling support were unable to have their needs met by the service due to service limitations. Additionally, 80-90% of clients accessing welfare services reported mental health concerns, but only 50% of those clients were connected with some form of mental health support service.

Twenty10 welcomes the announcement by the Prime Minister today promising much needed funds to better support the mental health of young people in a community setting.

"Twenty10 has, for 28 years, provided much needed services to young people at risk", explains Reynolds. "This work has made it clear to us that the experience of marginalisation, discrimination and isolation can have a long and hard impact on the mental wellbeing of these young people. We want to ensure that appropriate and accessible services are available to young people when they need them most and before issues become too big. This money will go a long way to working with young people who need our and their communities' support."

For more information about Twenty10, visit www.twenty10.org.au.

Copies of the full report are available from www.twenty10.org.au/resources.

**For photos or further comment, contact Rebecca Reynolds
0466 66 2010 or rebecca.reynolds@twenty10.org.au**