

MEDIA RELEASE

headspace Meadowbrook to Host Careers Expo Empowering Young People in Work and Study

Meadowbrook, Queensland, Wednesday 03 April 2024: [headspace Meadowbrook](#) is set to host a dynamic Careers Expo on 05 April 2024 as part of its Work and Study program. The event aims to empower young individuals by providing opportunities for work and study advancement, reinforcing the crucial link between mental health and vocational goals.

As part of headspace Work and Study Month, the Careers Expo serves as a platform to showcase the importance of equipping young people aged 12 to 25 with the skills and support necessary for career and educational success. The Expo will take place from 9:30 AM to 12:30 PM at the headspace Meadowbrook Carpark, located at 260 Loganlea Road, Meadowbrook (City of Logan, Queensland).

The Careers Expo features more than 20 stalls from local employers, training organisations, and skills development providers, including reputable companies such as McDonald's and Bunnings Warehouse.

Attendees will have the opportunity to explore various career paths and training opportunities in an informal and welcoming environment. The event is carefully crafted to foster confidence and refine conversational skills, empowering young individuals with valuable tools for engaging with prospective employers.

Luke Walsh, Operations Manager at headspace Meadowbrook, says: "The Careers Expo is an integral part of our commitment to supporting the holistic wellbeing of young people in South East Queensland. By creating a safe and supportive environment for career exploration, we aim to instil confidence and empower young individuals to pursue their aspirations."

Over the past year, headspace Work and Study programs have made a significant impact on the lives of local youth. In the last 12 months, headspace Meadowbrook and headspace Ipswich have supported over 200 young individuals in their work and study endeavours. Approximately 90% of the young people involved in the program reported seeking assistance with employment, highlighting the critical need for accessible pathways into employment.

With readily available on-site vocational specialists, the headspace Work and Study program offers essential support for young individuals in the Meadowbrook and Logan communities. The support ranges from guidance on resume writing, job applications, and interview preparation, to exploring local employment prospects, including full-time, part-time, and casual opportunities, among other tailored services.

Utilising the internationally recognised Individual Placement and Support (IPS) model, this program is designed to enhance educational and employment outcomes while prioritising the overall mental well-being of participants.

"Our Work and Study program aims to empower young individuals by providing them with the tools and resources needed to navigate the complexities of the job market and educational opportunities. By fostering collaboration between vocational specialists, mental health clinicians, and peer support workers, the service not only equips young people with practical skills but also fosters a sense of purpose, confidence, and financial stability - vital factors in safeguarding against mental ill-health."

The Careers Expo aligns with headspace's mission to provide early intervention mental health services and comprehensive support for individuals aged 12 to 25. headspace provides holistic support encompassing mental health, alcohol and other drugs, and physical and sexual health, ensuring that young people receive the comprehensive care they need to thrive.

"We believe that by providing tailored support and resources, we can help young people overcome barriers to employment and education, ultimately enhancing their overall wellbeing and setting them up for future success," adds Walsh.

For more information on the Careers Expo or mental health support services, please visit the headspace website: headspace.org.au.

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EVENT LISTING DETAILS:

- Overview:** **headspace Meadowbrook Careers Expo.** This event will be hosted by the headspace Meadowbrook and headspace Ipswich Work and Study Teams.
- Date:** Friday 05 April 2024
- Time:** 9:30am to 12:30pm
- Location:** headspace Meadowbrook Carpark – 260 Loganlea Road, Meadowbrook QLD 4131 – access via Logan Downs Road
- Stallholders:** 20+ stalls consisting of local employers, training organisations, Skilling Queenslanders for Work Providers, traineeship providers:
- *McDonald's, Bunnings Warehouse, Your Town, Logan and Beaudesert Health Services, Multilink, MGT, Stride Mental Health and more*
- Attendees:** Young People from local headspace centres, young people from local flexi schools, and other vulnerable groups.

ABOUT HEADSPACE MEADOWBROOK

headspace Meadowbrook provides 'no wrong door' advice and support for young people aged 12 to 25 in the Logan region.

headspace offers services to young people with key focus areas of mental health, alcohol and other drugs, education and employment support, and physical and sexual health.

We are a free, confidential and inclusive service which does not discriminate regardless of race, cultural background, religion, sexual orientation, gender, or abilities.

To connect with headspace Meadowbrook, call 07 3804 4200 or visit headspace.org.au/Meadowbrook.

ABOUT HEADSPACE

headspace is the National Youth Mental Health Foundation providing early intervention mental health services to 12-25-year olds. Each year, headspace helps thousands of young people access vital support through our headspace services in 156 communities across Australia^[1], our online and phone counselling services, our vocational services, and our presence in schools. headspace can help young people with mental health, physical health (including sexual health) alcohol and other drug services, and work and study support. For locations of headspace services, as well as factsheets and resources for young people and their families and friends, please visit the headspace website: headspace.org.au

[1] As at December 2023 and inclusive of licensed headspace centres, satellites and outposts.

ABOUT STRIDE

headspace Meadowbrook and Ipswich are operated by Stride.

Stride is dedicated to providing services that improve the lifelong mental health of children, young people and adults. Stride provides services to support people at all stages of their mental health journey, from early intervention services through to supporting people with ongoing and complex needs.

Stride is Australia's longest established mental health charity and has provided specialist mental health services to people with persistent mental illness and complex needs since 1907. Today Stride employs nearly 800 staff providing mental health services for 18,000 Australians in more than 65 locations.

Stride is proud to be Australia's largest provider of headspace services. Stride has been operating headspace sites since 2012 - with the first service in Brisbane, headspace Nundah. Stride is now the lead agency for 10 headspace centres and satellites in Queensland, New South Wales and Victoria.

For more information, visit stride.com.au/headspace