



Media Release

Tuesday 26 March 2019

Enjoy music and learn about mental health at Youth Fest

Mental health for young residents will be the focus of this year's Youth Fest, on **Saturday 13 April, 3-6pm, at Mount Annan Leisure Centre.**

The FREE event, organised by YMCA NSW and supported by Camden Council, will host Headspace and yourtown. These two local services provide mental health support to young people, who will provide information, flyers and merchandise to attendees.

yourtown Transition to Work Coordinator, Huss Dehaine, said, in 2018, mental health was the number one reason young people contacted their service, Kids Helpline.

"It's Australia's only free, private and confidential 24/7 online and phone counselling service for young people aged 5 to 25 – and it is there any time and for any reason," Mr Dehaine said.

"It's crucial that young people know organisations like yourtown are there especially for them.

"We'll be at Youth Fest for any young person or family who may like to talk to us about how we can help. We'll take the time to listen, understand and encourage young people to find their place."

The event will also feature young, local and emerging musicians and performers, including:

- Gravity Stone, a rock band from Campbelltown;
- Beck Baker, an indie band-of-four from Camden;
- Debbies, a two-piece surf, punk and pop band from Jervis Bay; and
- The Fat Controllers, an alternative rock band-of-four from Campbelltown.

Mayor of Camden, Cr Peter Sidgreaves, said the event formed part of **Council's celebration of NSW Youth Week, which runs from Wednesday 10 to Thursday 18 April.**

"Here in Camden, we have more than 28,000 residents aged under 30 years – which is 37 per cent of our population," Cr Sidgreaves said.

"It's so important we organise fun, productive and educational activities for our young residents, and what better time to do that than NSW Youth Week.

"It's the largest celebration of people aged 12 to 25 years across the state, and I'm proud Camden has such an exciting and extensive program on offer."

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Council's Youth Week program includes more than 20 different events and activities, including:

- Challenge Accepted, a fitness competition to win free month's membership at YMCA Mount Annan Leisure Centre, on Wednesday 10 April, 5.30-6.30pm, at Mount Annan Leisure Centre;
- Bring Your Own Beat music jam on Thursday 11 and 18 April, 7-11pm, at Camden Civic Centre;
- Bar, brushes and pizza, where young people will learn information on drugs and alcohol, while making mocktails and creating art, on Monday 15 April, 1-4pm, at Oran Park Library; and
- Writing short stories with writer, Luke Carman, on Tuesday 16 and Wednesday 17 April, 10am-4pm, at Narellan Library.

For more information, including the full Youth Week program, visit camden.nsw.gov.au and search 'Youth Week'.

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