

Media Release

Ingrid Stitt MP

Minister for Mental Health

Minister for Ageing

Minister for Multicultural Affairs

Minister for Prevention of Family Violence



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FASTER ACCESS TO YOUTH MENTAL HEALTH HELP

Young people in Melbourne's north eastern suburbs now have better access to mental health support and care thanks to the Allan Labor Government.

Minister for Mental Health Ingrid Stitt today announced the brand-new Youth Prevention and Recovery Care (YPARC) centre in Heidelberg is now open.

The voluntary, referral-based centre supports young people aged between 16 and 25 to access specialist, around-the-clock mental health care in a residential environment.

YPARCs provide early intervention and clinical care at a critical point – stepping in before a crisis escalates, reducing the need for hospital admission.

The Heidelberg YPARC was co-designed by clinicians, carers and young people with lived and living experience, ensuring it is therapeutic, fit-for-purpose and safe.

Designed to feel like a home away from home, it enables young people to access the mental health care they need while maintaining connection to school, work, family and community – supporting recovery without disrupting their everyday lives.

Delivered by the Labor Government, the Heidelberg YPARC fulfils a key recommendation of the Royal Commission into Victoria's Mental Health System.

Operated by Austin Health in partnership with Mind Australia, the centre is staffed by clinicians and lived experience workers and is expected to support more than 200 young people annually.

The purpose-built centre features ten private bedrooms, communal kitchen and dining areas, breakout spaces, outdoor gardens and dedicated areas for visits from loved ones – creating a therapeutic, homelike environment that promotes recovery and connection.

It's part of the Labor Government's \$141 million investment to deliver new YPARCs in Heidelberg, Ballarat, Geelong, Traralgon and Shepparton, and upgrade existing YPARCs in Bendigo, Dandenong and Frankston.

Quotes attributable to Minister for Mental Health Ingrid Stitt

"Centres like this one in Heidelberg are safe, comforting environments where young people can get the mental health care they need."

"By doubling Youth Prevention and Recovery Care capacity across Victoria, we're giving more young people support so they can recover and thrive."

Quote attributable to Member for Ivanhoe Anthony Carbines

"It's fantastic to see this new centre open its doors – young people can now access specialised, wrap-around care in a supportive home-like environment."

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