



youth affairs council  
OF SOUTH AUSTRALIA

**MEDIA RELEASE: For immediate release**

**9 October 2007**

**Don't just get by – get through!**

**To mark Mental Health Week, the Youth Affairs Council of South Australia (YACSA) will today be launching at a postcard aimed at reducing the stigma around mental health for young people and directing young people to information regarding programs specifically targeted towards supporting young people.**

This initiative stems from a report released by YACSA in late 2006, looking into young people's mental health in South Australia. The report, called *Getting Through: responding to young people's mental health issues in the youth sector*, looked at the mental health needs of young South Australians and the needs of youth workers, who are often the first point of contact for young people with mental health concerns.

*Getting Through* identified difficulties around information and access as the greatest barriers to young people seeking to connect with mental health services. For young people experiencing a mental health issue, it is important to seek support as quickly as possible.

The postcard, called *Don't just get by – get through!*, is postcard is a joint venture of YACSA and the Minister's Youth Council and will be distributed to young people throughout South Australia. It will be launched at YACSA's AGM, to be held at 6 pm on 9 October.

Copies of the postcard are available by contacting YACSA on telephone 8226 3080 or by e-mailing [yacsa@yacsa.com.au](mailto:yacsa@yacsa.com.au)

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**Available for interview and further information**

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