

New skate series launched

A NEW skate series has been launched in order to combat issues with mental health throughout the southeast corridor.

The King of the Hill is a collaborative project between the Gosnells, Belmont, Canning and Armadale councils.

There will be four qualifying events throughout the cities this month before the grand final at Mills Park in Beckenham in March.

Headspace Armadale manager Annette Chivers said physical and social activity was important for everyone's health and well-being.

"The purpose of the competition is to bring communities together and give young people a chance to build relationships, demonstrate their skills, and win prizes over a shared passion for skate-



King of the Hill is a new skate series launched to fight mental health issues in the southeast corridor.

boards and scooters," she said.

Participants can download a registration form at www.bit.ly/headspaceskate and bring the completed form on the day. Under-18s can also bring a parent/guardian on the day to register.

DETAILS

- About one in four (26.4 per cent) young people between the ages of 16-24 experience a mental health or substance use disorder in a given year.
- More than 60 per cent of Headspace clients are females. Males are less likely to seek help.