Our team provides interactive workshops and information presentations for groups of young people, parents, and family members, carers of young people, and staff/service providers who work with young people. Our workshops and presentations have a health promotion and education focus. We deliver these sessions to promote positive mental health and wellbeing. We are unable to provide sessions with a medical focus.

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| --- | --- |
| **Contact details** | |
| **Date of request** | Click to enter date. |
| **Your name** | Click here to enter text. |
| **Position** | Click here to enter text. |
| **Organisation** | Click here to enter text. |
| **Contact number** | Click here to enter text. |
| **Do you wish to join our mailing list?** | **Yes No** |

|  |  |
| --- | --- |
| **Technology (Please tick if you have the following available for the presentation)** | |
| **Laptop/Computer** |
| **Projector** |
| **Speakers** |
| **Microphone (for larger groups)** |
| **Tech support available (if required)** |

|  |  |
| --- | --- |
| **Presentation details** | |
| **Preferred date** | Click to enter a date. |
| **Alternative date** | Click to enter a date. |
| **Start time** | Click here to enter text. |
| **End time** | Click here to enter text. |
| **Location** | Click here to enter text. |
| **Contact person on the day** | Click here to enter text. |
| **Year level (for schools)** | Click here to enter text. |
| **Approximate number of attendees** | Click here to enter text. |
| **Presentation topic: (Please tick the box for the topic you are requesting)**  (see page below for a description about each presentation)  **Meet headspace**  **Mental health**  **Anxiety**  **Depression**  **Stress**  **Tips for a healthy headspace**  **Other topic** Click here to enter details | |

**Presentations**Please read the details of each presentation and select which one(s) you would like to request.

**Meet headspace**

Introduces the headspace services and outlines how headspace can help young people.

**Mental health**

Introduces the topic of mental health and dispels some of the myths surrounding mental health whilst helping students to develop a concept of the emotions involved with mental health and how to manage them.

**Anxiety**

Introduces and explains anxiety whilst providing information on different forms of anxiety disorders and ways to manage anxiety including other services that can support young people.

**Anxiety & Depression**

Takes a look at anxiety and depression and ways to look after your headspace.

**Depression**

Introduces and explains depression whilst providing information on how to help a friend and services that can support young people.

**Stress**

Explains what stress is, how to identify sources of stress in self while providing stress management techniques

**Tips for a healthy headspace**

Explains the effects that emotions and stress can have on everyday life and explains the importance of looking after your headspace whilst including some self-care activities.

**Additional information**

**Are there any key messages you want delivered during the session?**

Click here to enter text.

**Are there any issues or incidents which headspace should be aware of before the session?**

Click here to enter text.

**Further comments or notes?**

Click here to enter text.