**headspace** Liverpool Community Presentation form

At **headspace** Liverpool we value your interest in our organisation and the services we provide. In order for us to provide the best possible service, presentation and or workshop please complete the following questions.

1. Where is the venue?
2. Does the venue have access to a laptop and projector?

Yes No

1. Would you like headspace Liverpool to run a presentation or workshop?

(Presentations are only a one off and will generally run for 45 minutes to an hour for a maximum of 25 people, if the number is larger than this please discuss with the community development worker. Workshops can be run over a period of four- six weeks for small groups of up to 12 people)

Presentation Workshops

1. Please choose below from the presentation topics, please note that we can combine certain topics to be in the one presentation or workshop.

* Anxiety
* Body image
* Bullying
* Depression
* Grief and loss
* Introduction to headspace services (meet your local centre)
* Mental health
* Healthy relationships
* Stress
* Tips for a healthy headspace

1. How long would you like the discussion or presentation to be? If other please specify.

30 minutes 45 minutes 1hr

1. How many people would be attending the presentation or workshop? Please note that 25 people is the maximum number, if there is a larger group please discuss with community development worker.
2. What is the age group? If other please specify

Year 6 Year 7 Year 8 Year 9

Year 10 Year 11 Year 12

1. When would you like headspace to present? (Please provide a few alternative dates and a minimum of a month’s notice)
2. What would you say the audience’s experience (including lived experience) of mental health related issues would be?

Once this form is completed please send through to Caitlin Miles, Community Development Worker:

E: [caitlin.miles@benevolent.org.au](mailto:caitlin.miles@benevolent.org.au)

P: 8785 3200