headspace Resource Request Form

Please complete the following form relating to promotional materials/resources and return to headspaceCDT@ucmh.org.au. We will respond to all requests within two weeks.

Contact Information

Name Preferred Phone no.

Organisation Today’s Date

Email Address

Postal Address

Closest headspace centre

Request Details

Please advise which of the below resources you would like to receive. Please note we are only able to send out a maximum of 20 units per item.

**Posters**

|  |  |
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|  | YARN SAFE promotional poster  |
|  | **headspace** Father’s campaign promotional poster |
|  | **headspace** The Big Stigma promotional poster |

**Postcards**

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|  | YARN SAFE promotional postcard |
|  | “Daniel vs the Black Cloud” **headspace** postcard |
|  | “David vs the Avalanche of Exams” **headspace** postcard |
|  | “Sarah vs the Dreaded Butterflies” **headspace** postcard |
|  | “Luke vs the Smoke Screen” **headspace** postcard |
|  | “James vs the Broken Heart” **headspace** postcard |
|  | “Angelo vs the Pressure to Pretend” **headspace** postcard |

**Factsheets**

For large amounts of factsheets please visit https://headspace.org.au/resource-library/

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|  | “What is Mental Health” |
|  | **“**How headspace can help”  |
|  | **“**Information for Parents and Carers” |
|  | “Tips for a healthy headspace” |
|  | “If your friend is not ok” |
|  | Anxiety |
|  | Depression |
|  | Psychosis |
|  | “Getting help from a General Practitioner” |

**Wristbands**

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|  | **headspace** greenwristbands |
|  | **headspace** YARN safe wristbands |

Please email this completed request form to headspacecdt@ucmh.org.au. Thank you for your consideration.