headspace Workshop Request Form

Please complete the following form relating to educational workshops/presentations 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

Closest headspace centre

Workshops

Please advise which of the below workshops you would like to have delivered by the Community Development Team (please tick one).

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|  | **Meeting headspace** - Introduces headspace as a service and the topic of mental health, mental wellness, mental health problems and mental illness while providing tips on helping young people and their friends. (8- 100 people) |
|  | **Anxiety**- Introduces and explains anxiety whilst providing information on how to help a friend and services that can support young people. (10-25 people) |
|  | **Depression**- Introduces and explains depression whilst providing information on how to help a friend and services that can support young people. (8-30 people) |
|  | **headspace Bullying education/prevention program** (10 – 25 people) |
|  | **Stress**- Explains what stress is, how to identify sources of stress in self while providing stress management techniques (10-25 people) |
|  | **Getting to know headspace and the model -** for groups of staff and/or service providers who work with young people (e.g., teachers, youth workers, school counsellors) which informs staff on services available at our headspace centres, and how to make an appropriate referral. (5-30 people) |
|  | **Parents and Carers-**  explains headspace as a service and the topic of mental health, and what this looks like for young people. Information is given on how to approach this with young people. Aimed at parents and carers of young people with mental health issues (10 - 30 people) |

Session Details

Expected number of participants Age range of Participants

Tentative Dates for the presentation (please provide four dates with a minimum of two weeks’ notice)

Please provide venue details including street address and access to resources (microphone, seating, projectors etc.)

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