**Service & Community Development
Request Form**

headspace Broken Hill provides youth mental health services to schools and the community in the Broken Hill & Far West local area.

The services provided have an educational and health promotion focus.
We deliver these services to promote positive mental health and wellbeing.
Please note that these services do not have a medical or therapeutic focus.

Please provide one month of lead time for all requests.

Options below will be considered in the online-space due to COVID-19 restrictions.

**INFORMATION REQUIRED:**

**Name:**                                **Organisation:**

**Phone:**                      **Email:**

**Preferred method of contact:**

**Date & time requested (*please provide 3 dates/times*):**

1.
2.
3.

**Who will be attending?**
[ ]  Young people (*12-25*)
[ ]  Parents, family members and carers of young people
[ ]  Service providers
[ ]  General community members
[ ]  Other (*please specify*):

**Year/Age and Size of Group (i.e. how many people to attend):**

**Length of Time:**

**Does the venue have access to Zoom and projector/screen?** [ ] Yes [ ] No

**Any additional information:**

**Are there any issues or incidents which headspace Broken Hill should be aware of before presenting with the cohort?**

**Please select the level of knowledge of the cohort’s experience
around mental health:**

[ ]  Little
[ ]  Moderate
[ ]  High
[ ]  Lived Experience

**Please advise which type of request you would like from the list below:** *(Please select one main option and at least one sub option)*

**[ ]  Educational Workshop**

[ ]  A healthy headspace *(Introduction to mental health)*

[ ]  Managing Stress (*optional: exam stress)*

[ ]  Alcohol & Other Drugs

[ ]  Bullying

[ ]  Other (please specify):

**[ ]  Presentation**

[ ]  Service & Referral (*Introduction to headspace services)*

[ ]  Information for Parents & Carers

[ ]  headspace School Support (*Staff Only* – *prepare for, respond to, & recover from suicide)*

**[ ]  Promotional Material**
(*We will only be able to send a limited number of resources, so please prioritise resources that are most needed).*

*[ ]* Centre Information
[ ]  Posters
[ ]  Fact Sheets

[ ]  Alcohol
[ ]  Amphetamines
[ ]  Anger
[ ]  Anxiety
[ ]  Benzodiazepines
[ ]  Bipolar Disorder
[ ]  Build close and connected relationships
[ ]  Bullying
[ ]  Cannabis
[ ]  Cut back on alcohol & other drugs
[ ]  Dealing with a relationship break up
[ ]  Depression
[ ]  Eat well
[ ]  Gender identity
[ ]  Get Into Life
[ ]  Getting help from a GP
[ ]  Grief & loss
[ ]  Healthy internet gaming
[ ]  If your friend is not okay
[ ]  Info for parents and carers
[ ]  Learn how to handle tough times
[ ]  Post Traumatic Stress Disorder
[ ]  Psychosis
[ ]  Screen time
[ ]  Self-harm
[ ]  Sex and sexual health
[ ]  Sexuality and mental health
[ ]  Sleep
[ ]  Sleep and gaming
[ ]  Stay active
[ ]  Tips for a healthy headspace
[ ]  Tobacco
[ ]  Trauma
[ ]  Understanding eating disorders
[ ]  Understanding gaming
[ ]  What is mental health

Would you like to join our mailing list for our newsletter? [ ]  Yes [ ]  No

**Please complete this form and return via email attention to Service & Community Development Officer:** headspace.brokenhill@flourishaustralia.org.au

**Contact person**Service & Community Development Officer
P: (02) 9393 9699
F: (08) 8088 4947