

## School Booking Request Form

**headspace Hurstville provides youth health information workshops to schools in the St George Shire. Please make sure you read the workshop outlines on the website prior to completing the form.**

<b>Name of School</b>			
<b>Contact Person</b>		<b>Position</b>	
<b>Address</b>			
<b>Phone</b>			
<b>Email</b>			
<b>Preferred method of contact</b>			
<b>Year group</b>			
<b>Please allow for <u>one month lead time</u> for all requests.</b>  <b>Date requested; please provide 3 dates in order of preference. We can only present on a MONDAY, TUESDAY or WEDNESDAY.</b>	1. 2. 3.		
<b>Have your staff received a presentation from headspace Hurstville?</b>	<b>Y/N</b>  <b>If not, we recommend that this is arranged so your staff are aware of our services too.</b>		

## Important Points to Consider

### Preparation we require

At **headspace Hurstville** we want to ensure we are delivering quality education workshops, so we would like to schedule a meeting with you. We do this so we can better understand the school's mental health & wellbeing approach, build a relationship with staff and find out more about your students and their needs. We only require an hour of your time, could you please specify a suitable date and time below.

**Date:**

**Time:**

### Type of workshop

Please note that **headspace Hurstville** provides education workshops that are of a general nature and have a health promotion and education focus. We deliver these workshops to promote positive mental health and well-being and encourage young people to do the same. Our Community Engagement Team are unable to provide sessions with a medical or therapeutic focus.

The **headspace Hurstville** team offer several education workshops that can be tailored to meet the needs of your school. **For an outline of each package including size of group, length of time and key messages please see the workshop outline form on our website.** The following education workshops can be delivered, please specify one topic you would like to be delivered:

- General Mental Health and Wellbeing **(30 people max)**
- Knowing the risks-Alcohol & Other Drugs **(30 people max)**
- A healthy self **(30 people max)**
- What is headspace **(100 people max)**
- Healthy relationships- must be done in conjunction with the bullying workshop **(30 people max)**
- Bullying- must be done in conjunction with the healthy relationships workshop **(30 people max)**
- Dealing with exam stress **(50 people max)**
- headspace** School Support for **staff only** (**headspace** School Support team deliver these workshops)
- Staff Professional Development (**headspace** don't provide this but we can link you in with School-Link SESLHD)

**Please describe the education you require in more detail**

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**Mode of delivery (please see outline of workshops)**

- |                                     |                                      |  |
|-------------------------------------|--------------------------------------|--|
| <input type="checkbox"/> Year group | <input type="checkbox"/> Class group | <input type="checkbox"/> Stall at a school event |
| Please specify number of students:  | Please specify number of students:   |  |

**Start time:**

**End time:**

**Are there any issues or incidents which headspace Hurstville should be aware of before presenting at the school?**

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**Further comments or notes?**

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<p><b>Please return to the attention of Community Engagement Officer, 41 Dora St Hurstville, 2220. T: 02 8048 3350 F: 02 8048 3399 E: <a href="mailto:headspace.hurstville@cesphn.com.au">headspace.hurstville@cesphn.com.au</a></b></p>
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**Please note: we are happy to receive your requests. Due to a high demand for this service and a requirement to cover the St George Region, we are unable to guarantee our availability on requested dates.**