***Promotional Material-*** Request Form

Please complete this form ONLY if your request is in relation to:

**Promotional material -** you can request promotional material for use in your service, e.g. postcards, fact sheets, posters etc.

**Note:** We are no longer able to post promotional material out however it can be picked up on site. *Address details are included below.*

*Please complete this as a* ***word document*** *and return via* ***email*** *to:*

[*headspaceCDT@ucmh.org.au*](mailto:headspaceCDT@ucmh.org.au)

*We will respond to all requests within* ***two weeks****.*

|  |  |
| --- | --- |
| **Please provide the** | **following information:** |
| Today’s date: | ………………………………………………………………… |
| Your name: | ………………………………………………………………… |
| Organisation: | ………………………………………………………………. |
| Phone number: | ………………………………………………………………. |
| Fax number: | ………………………………………………………………. |
| Email: | ……………………………………………………………….. |
|  |  |
| Your closest headspace centre: | Parramatta: 2 Wentworth St, Parramatta 2150  Mt Druitt: Shop 12, Daniel Thomas Plaza, 6-10 Mount St Mt Druitt, NSW 2770  Penrith: 606 High Street Penrith, NSW 2750 |
|  |  |
|  |  |
| Do you wish to join our mailing list? | Yes  No |

**Promotional material** – The Community Development Team can post out promotional material (e.g., posters and post cards).

If you are interested in a large amount of factsheets, visit:

[www.headspace.org.au/is-it-just-me/find-information/downloadable-fact-sheets](http://www.headspace.org.au/is-it-just-me/find-information/downloadable-fact-sheets)

What kind of material would you like? (Please select from the following)

Posters

Post cards

Fact Sheets: **Due to limited resources, we can only send through 5-10 copies of each sheet or 20 in total. Please select which factsheets you are most interested in receiving:**

|  |  |  |  |
| --- | --- | --- | --- |
| [What is mental health?](http://www.headspace.org.au/media/32068/What%20is%20mental%20health_web.pdf) | * [How **headspace** can help](http://www.headspace.org.au/media/32061/How%20headspace%20can%20help_web.pdf) | * [Tips for a healthy **headspace**](http://www.headspace.org.au/media/32066/Tips%20for%20a%20healthy%20headspace_web.pdf) | * [Anxiety](http://www.headspace.org.au/media/32048/Anxiety_web.pdf) |
| [Information for parents and carers](http://www.headspace.org.au/media/32063/Information%20for%20parents%20and%20carers%20FAF_web.pdf) | * [Sexuality and mental health](http://www.headspace.org.au/media/32065/Sexuality%20and%20mental%20health_web.pdf) | * [If your friend is not ok](http://www.headspace.org.au/media/32062/If%20your%20friend%20is%20not%20okay_web.pdf) | * [Gender identity and mental health](http://www.headspace.org.au/media/32057/Gender%20identity%20and%20mental%20health_web.pdf) |
| [Amphetamines](http://www.headspace.org.au/media/32047/Amphetamines_web.pdf) | * [Getting help for a General Practitioner (GP)](http://www.headspace.org.au/media/32058/Getting%20help%20from%20a%20general%20practitioner_web.pdf) | * [Eating disorders](http://www.headspace.org.au/media/32056/Eating%20Disorders_web.pdf) | * [Dealing with a relationship break up](http://www.headspace.org.au/media/32054/Dealing%20with%20relationship%20break-ups_web.pdf) |
| [Alcohol](http://www.headspace.org.au/media/32046/Alcohol_web.pdf) | * [Bullying](http://www.headspace.org.au/media/32052/Bullying%20FAF_web.pdf) | * [Depression](http://www.headspace.org.au/media/32055/Depression_web.pdf) | [Bipolar](http://www.headspace.org.au/media/32050/Bipolar%20FAF_web.pdf) |
| * [Self harm](http://www.headspace.org.au/media/32064/Self%20harm_web.pdf) | * [Cannabis](http://www.headspace.org.au/media/32053/Cannabis_web.pdf) | * [Grief](http://www.headspace.org.au/media/32060/Grief_web.pdf) | * [Trauma](http://www.headspace.org.au/media/235176/trauma%20facts%20young%20web%20fa.pdf) |

We are not always able to fill orders exactly, depending on availability of resources.

These fact sheets and more are also located on the website [here](http://www.headspace.org.au/is-it-just-me/find-information/downloadable-fact-sheets).

