**headspace Bankstown Resources
Promotional Material**
*Please note: Resources are subject to availability, and only a select number can be sent due to limited stock.*

**Requested by (school/organisation/individual):**

**Contact information:**

**Address (where postage is appropriate):**

**Would you be able to collect from our centre?** [ ]  Yes [ ]  No

*[ ]* Centre Information and general headspace services (including eheadspace)

[ ]  Posters (A2 size promotion of mental health, physical/sexual health, study/work support, alcohol & other drug support, Digital Work & Study program, healthy headspace tips)

Please specify:

[ ]  Campaign Material (Yarn Safe, headcoach, Life isn’t Always Glitter and Rainbows, headspace Day, Fathers campaign)
Please specify:

[ ]  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
[ ]  Disordered eating
[ ]  Eat well
[ ]  Gender identity
[ ]  Get Into Life
[ ]  Getting help from a GP
[ ]  Grief & loss

[ ]  Healthy internet gaming
[ ]  If your friend is not okay
[ ]  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
[ ]  Understanding gaming
[ ]  What is mental health