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

The services provided have a health promotion and education 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.

Information required:

Name: ____________________________________________________________

Organisation: ______________________________________________________

Address (where the service will take place): ____________________________

_______________________________________________________________

Phone: ___________________________________________________________

Email: ______________________________________________________________________

Preferred method of contact: _________________________________________

Date requested (please provide 3 tentative dates): ________________________

Year and/or Size of Group: ________________________________

Who will be attending?
☐ Young people (12-25)
☐ Parents, family members and carers of young people
☐ Service provider
☐ General community members
☐ Other (please specify): ____________________________________________

Length of Time: ____________________________________________________

Does the venue have a laptop and projector?  ☐ Yes  ☐ No
Key Messages: ________________________________________________________________

For events - please tell us what kind of event you would like us to attend and your expectation of headspace Broken Hill at the event?

______________________________________________________________

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

______________________________________________________________

Please select the level of knowledge of the audiences experience around mental health?

☐ Little  ☐ Moderate  ☐ High  ☐ Lived Experience

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

Please advise which type of request you would like from the list below:

(please select one main option and at least one sub option)

☐ Mental Health Event
  ☐ Information Stall
  ☐ Activity Stall

☐ Educational Workshop
  ☐ A healthy headspace – An introduction to mental health
  ☐ Managing Stress
  ☐ Alcohol & Other Drugs
  ☐ Bullying

☐ Presentation
  ☐ Mental Health
  ☐ Service & Referral
  ☐ Parents & Carers
  ☐ headspace School Support (School Staff Only – Prepare for, respond to, & recover from suicide).
Promotional Material
( Due to limited resources, we can only send through 5-10 copies of each sheet or 50 in total.
Please select which factsheets you are most interested in receiving):

- Centre Information
- Posters
- Fact Sheets
  - How headspace can help?
  - What is mental health?
  - Tips for a healthy headspace
  - Information for parents and carers
  - If your friend is not okay
  - Depression
  - Anxiety
  - Bipolar
  - Psychosis
  - Self-harm
  - Grief
  - Trauma
  - Sex and sexual health
  - Sexuality and mental health
  - Gender identify and mental health
  - Dealing with a relationship break up
  - Eating disorders
  - Alcohol
  - Amphetamines
  - Benzodiazepines
  - Cannabis
  - Tobacco

In-Service Tour – Centre tour, discussion on services and referral pathways.

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

headspace Broken Hill
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P: (02) 9393 9699
F: (08) 8088 4947