



headspace Miranda School Presentations

**headspace is a free youth mental health service
for young people aged 12-25 years old**

Our community engagement staff can offer a number of free services to schools including workshops, presentations, wellbeing days and more.

Topics we cover include:

- Healthy headspace – (recommended for years 7-12)
- Managing stress (and exams) – (recommended for years 8-12)
- Healthy relationships – (recommended for years 9-12)
- Other: Anything you might find relevant for your cohort e.g. anti-bullying, healthy eating, self-confidence, and resilience etc.

All for free, to book, reach out to headspace.miranda@stride.com.au