

Schools & community workshop or presentation request form



Our team provides interactive workshops and information presentations for groups of young people, parents, family members, carers of young people, and staff/service providers who work with young people. Our workshops and presentations have a health promotion and education focus. We deliver these sessions to promote positive mental health and wellbeing. We are unable to provide sessions with a medical focus.

Contact details

Today's date	
Your name	
Position	
Organisation	
Contact phone number	
Do you wish to join our mailing list	<input type="checkbox"/> Yes <input type="checkbox"/> No

Workshop/presentation details

Preferred date	
Alternative date (if possible)	
Start time	
End time	
Location	
Contact person on the day	
Contact phone number	
Year level (for schools)	
Number of attendees	
Does the venue have a laptop, projector and speakers?	
For large groups, does the venue have a microphone?	



Please select which workshop you would like from the list below. (Please note: We are unable to combine presentations however, every presentation will have a brief introduction to headspace)

Workshops for young people:

- Meet headspace** - introduces headspace as a service and the topic of mental health, mental wellness, mental health problems and mental illness while providing tips on helping young people and their friends. (8- 100 people)
- Mental health** - introduces the topic of mental health and dispels some of the myths surrounding mental health whilst helping students to develop a concept of the emotions involved with mental health and how to manage them. (8-100 people)
- Anxiety** - introduces and explains anxiety whilst providing information on how to help a friend and services that can support young people. (10-25 people)
- Depression** - introduces and explains depression whilst providing information on how to help a friend and services that can support young people. (8-30 people)
- Bullying** - provides positive and effective ways to cope with bullying whilst identifying the people and services that are available to help young people cope (10-25 people)
- Stress** - explains what stress is, how to identify sources of stress in self while providing stress management techniques (10-25 people)
- Tips for a healthy headspace** - explains the effects that emotions and stress can have on everyday life and explains the importance of looking after your headspace whilst including some self-care activities. (8-100 people)

We can arrange a headspace information or activity stall in conjunction with a school workshop/presentation (must be on the same day as the presentation). This includes a recess or lunch visit with headspace Mount Gambier staff. Please contact us to discuss this option further.

Stall at school or community event:

- Information stall**
- Activity stall**

Please describe your event and expectations of headspace Mount Gambier at the event.

Workshops for service providers/staff working with young people:

- Service and referral** - for groups of staff and/or service providers who work with young people (e.g., teachers, youth workers, school counsellors) which informs staff on services available at our headspace centres, and how to make an appropriate referral. (5-30 people)
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Workshops for parents or carers of young people:

Parents and Carers- explains headspace as a service and the topic of mental health, and what this looks like for young people. Information is given on how to approach this with young people. (8-100 people)

Additional information:

Are there any key messages you want delivered during the session?

Are there any issues or incidents which headspace Mount Gambier should be aware of before the session?

Further comments or notes?

**Please complete this form and return to
headspacemountgambier@unitingcommunities.org
We will respond to all requests within one week.**

