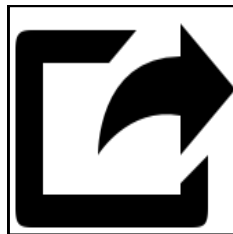


HOPE Thru headspace

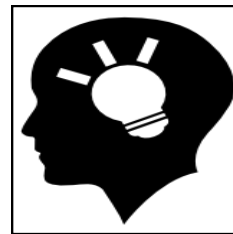
|| REAL headspace STORIES || REAL



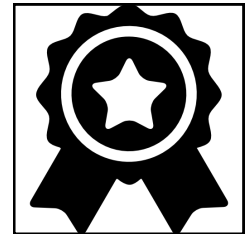
Write



Share



Inspire



Win

**Share your inspiring headspace stories
& go in to our monthly draw to win a
\$25 Kmart voucher**

How do I enter?

Submit your positive story using our headspace story telling template/s, along with your completed consent form [at least 3 days](#) before the end of each month.

Who can enter?

[Young people](#), [parents & carers](#) who have accessed headspace Narre Warren or Dandenong services before. This could be for: counselling; programs; training; and events in or outside of our Centres.

What will headspace Narre Warren do with my story?

Your story will be placed on our [websites](#), [Facebook](#) pages and placed in our [waiting rooms](#) to inspire other young people, parents and carers who maybe facing similar challenges.

I am worried people may recognise me from my story:

Protecting your identity is important to us. Stories [should not reference real names](#), [specific dates](#) or [include images showing faces](#).

I would like to share my story but I may need help writing it.

We have headspace Peer Support Workers trained in narrative story telling who can help you write your story.

How will monthly winners be announced and notified?

Each month winners, will be [announced via our Facebook pages](#) and then be [contacted in person](#) to arrange voucher collection.

How do I submit my story?

Email to: Andrea.Lombardi@each.com.au or hand in to headspace Reception.



**For more info
or queries:**

Andrea Lombardi

(Youth Peer Support Worker)

Email:

Andrea.Lombardi@each.com.au

Phone:

1800 367 968

HOPE THRU headspace



|| REAL headspace STORIES || REAL HOPE FOR RECOVERY ||

MY QUESTION TO OTHERS

MY GOAL

INSERT
PHOTO

BARRIERS

MY TURNING POINT

POSITIVE OUTCOMES

MY ADVICE TO OTHERS



CARERS STORIES OF HOPE THRU HEADSPACE



Describe the situation that changed the lives of you and the young person you support...

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Describe the turning point that prompted you to access support in your role as a carer...

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How did you access support and what type(s) of support did you access?

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What is life like today? Do you have any advice for other carers?

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Photographic/Video/Audio/Art Consent and Release Form

I consent and agree that **headspace** Narre Warren and **headspace** Dandenong has the right to take or use stories, artwork, photographs or record video of me (and/or my property) and to use these in any and all media including online.

I release to **headspace** Narre Warren and **headspace** Dandenong all rights to exhibit this work in print and electronic form publicly or privately.

I understand that I will not be paid for these stories, artworks, photographs/videos and have no rights to them. I am participating as a volunteer.

I hereby waive any right to inspect or approve the finished photographs/videos or advertising copy or printed matter that may be used in conjunction therewith or to the eventual use that it might be applied.

Please select and complete the areas relevant to you

I am 18 years and over

Name		Witness Name	
Signature		Witness Signature	
Address		Date	
Phone			
Date			

I am 17 years and under (Parent/guardian signature required for individuals under 18 years)

Name		Witness Name	
Signature		Witness Signature	
Address		Date	
Phone		Parent/guardian Signature	
Date		Date	