***Educational Workshop or Presentation***- Request Form

Please complete this form ONLY if your request is in relation to:

**Educational Workshops -** we provide workshops for groups of young people, parents, family members, or carers of young people.

**Service and Referral Presentations -** we provide presentations for groups of staff and/or service providers who work with young people (e.g. teachers, youth workers, school counsellors etc).

*Please complete this as a* ***word document*** *and return via* ***email*** *to:*

[*headspaceCDT@ucmh.org.au*](mailto:headspaceCDT@ucmh.org.au)

*We will respond to all requests within* ***two weeks****.*

|  |  |
| --- | --- |
| **Please provide the** | **following information:** |
| Today’s date: | ………………………………………………………………… |
| Your name: | ………………………………………………………………… |
| Organisation: | ………………………………………………………………. |
| Phone number: | ………………………………………………………………. |
| Fax number: | ………………………………………………………………. |
| Email: | ……………………………………………………………….. |
|  |  |
| Your closest headspace centre: | Parramatta  Mt Druitt  Penrith |
|  |  |
|  |  |
| Do you wish to join our mailing list? | Yes  No |

**Please advise us which workshop you would like from the list below.**

(Please note at this stage we are accepting one workshop request per school/service)

**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)

**Body Image and Eating Disorders**- Introduces and explains body image, dispels myths around eating disorders effecting young people and explains how to access help for mental health issues. (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)

**Understanding grief and Loss-** explains normal grief responses and the process of grieving whilst providing positive coping strategies and services that are available to help young people deal with a loss. (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)

**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)

**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)

How many people do you expect to attend the workshop?

|  |
| --- |
|  |

Please provide 4 tentative dates below:

|  |
| --- |
|  |

Please provide the street address of your service/ at which the workshop/presentation will take place.

|  |
| --- |
|  |

