**Service & Community Development  
Request Form**

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

The services provided have an educational and health promotion 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.

Options below will be considered in the online-space due to COVID-19 restrictions.

**INFORMATION REQUIRED:**

**Name:**                                **Organisation:**                     

**Phone:**                      **Email:**                                    

**Preferred method of contact:**                     

**Date & time requested (*please provide 3 dates/times*):**



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

**Year/Age and Size of Group (i.e. how many people to attend):**                

**Length of Time:**                          

**Does the venue have access to Zoom and projector/screen?** Yes No

**Any additional information:**

                                                                      

                                                                      

**Are there any issues or incidents which headspace Broken Hill should be aware of before presenting with the cohort?**

                                                                      

                                                                      

**Please select the level of knowledge of the cohort’s experience  
around mental health:**

Little  
 Moderate  
 High   
 Lived Experience

**Please advise which type of request you would like from the list below:** *(Please select one main option and at least one sub option)*

**Educational Workshop**

A healthy headspace *(Introduction to mental health)*

Managing Stress (*optional: exam stress)*

Alcohol & Other Drugs

Bullying

Other (please specify):                                              

**Presentation**

Service & Referral (*Introduction to headspace services)*

Information for Parents & Carers

headspace School Support (*Staff Only* – *prepare for, respond to, & recover from suicide)*

**Promotional Material**   
(*We will only be able to send a limited number of resources, so please prioritise resources that are most needed).*

Centre Information  
 Posters  
 Fact Sheets

Alcohol  
 Amphetamines  
 Anger  
 Anxiety  
 Benzodiazepines  
 Bipolar Disorder  
 Build close and connected relationships  
 Bullying  
 Cannabis  
 Cut back on alcohol & other drugs  
 Dealing with a relationship break up  
 Depression  
 Eat well  
 Gender identity  
 Get Into Life  
 Getting help from a GP  
 Grief & loss  
 Healthy internet gaming  
 If your friend is not okay  
 Info for parents and carers  
 Learn how to handle tough times  
 Post Traumatic Stress Disorder  
 Psychosis  
 Screen time  
 Self-harm  
 Sex and sexual health  
 Sexuality and mental health  
 Sleep  
 Sleep and gaming  
 Stay active  
 Tips for a healthy headspace  
 Tobacco  
 Trauma  
 Understanding eating disorders  
 Understanding gaming  
 What is mental health

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

**Please complete this form and return via email attention to Service & Community Development Officer:** [headspace.brokenhill@flourishaustralia.org.au](mailto:headspace.brokenhill@flourishaustralia.org.au)

**Contact person**Service & Community Development Officer  
P: (02) 9393 9699  
F: (08) 8088 4947