

Presentations by headspace Hawthorn

headspace Hawthorn offers schools, universities and sporting clubs the opportunity to host presentations for young people, parents or staff.

Presentations go for 30 minutes (25 mins content and 5 minutes for questions). Presentations can be made longer into a workshop with interactive activities if time and number of people attending permits. Workshops usually go for 1 hour.

Presentations by **headspace Hawthorn** are free of charge unless co-facilitation with a psychologist is required. Each presentation is tailored to needs and requirements.

headspace Hawthorn requires at least two weeks' notice prior to the date you'd like us to come.

Please read the topics below and fill out the community engagement request form.

Keeping a healthy headspace

This is the base presentation by headspace Hawthorn. Content includes:

- What is mental health? Defining a mental health problems vs mental illness
- Understanding a mental health problem
- Looking after ourselves
- Services at headspace Hawthorn
- What to expect at headspace Hawthorn
- Other supports available

How to ask RUOK?

- Services at headspace Hawthorn
- What to expect at headspace Hawthorn
- Noticing if someone isn't OK
- How to ask RUOK?
- What if they say no?
- Checking in on others
- Looking after ourselves
- Supports available

Managing stress

This presentation is particularly relevant to year 11 and 12 students. Content includes:

- Services at headspace Hawthorn
- What to expect at headspace Hawthorn
- Defining stress and what is 'normal'
- Recognising stress signals
- Tips for managing stress (sleep, diet, exercise, screen use etc.)
- Supports available

Other topics include

Tackling body image and self esteem

Understanding gaming and screen time

Alcohol & other drug safety

Bullying

Greif and loss

For more information contact Lily Bourke
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