



Service & Community Development Request Form

headspace Bankstown provides youth mental health services to schools and the community in the Bankstown and Canterbury 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.

Information required:

Name: _____

Organisation: _____

Address (*where the service will take place*): _____

Phone: _____

Email: _____

Preferred method of contact: _____

Date requested (*please provide 3 dates*):

Year/Age and Size of Group: _____

Who will be attending?

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

Length of Time: _____

Does the venue have a laptop and projector? Yes No



Key Messages: _____

For events - please tell us what kind of event you would like us to attend and your expectation of **headspace Bankstown** at the event?

Are there any issues or incidents which **headspace Bankstown** should be aware of before presenting at the school?

Please select the level of knowledge of the audiences experience around mental health?

Little Moderate High Lived Experience

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

Please advise which type of request you would like from the list below:

(Please select one main option and at least one sub option)

- Mental Health Event**
 - Information Stall
 - Activity Stall

- Educational Workshop**
 - A healthy headspace (*Introduction to mental health*)
 - Managing Stress (*Exam stress*)
 - Alcohol & Other Drugs
 - Bullying

- 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

(Due to limited resources, we can only send through 5-10 copies of each sheet or 50 in total. Please select which factsheets you are most interested in receiving):

- Centre Information
- Posters
- Fact Sheets
 - How headspace can help?
 - What is mental health?
 - Tips for a healthy headspace
 - Information for parents and carers
 - If your friend is not okay
 - Depression
 - Anxiety
 - Bipolar
 - Psychosis
 - Self-harm
 - Grief
 - Trauma
 - Sex and sexual health
 - Sexuality and mental health
 - Gender identify and mental health
 - Dealing with a relationship break up
 - Eating disorders
 - Alcohol
 - Amphetamines
 - Benzodiazepines
 - Cannabis
 - Tobacco

- In-Service Tour** – *(Centre tour, discussion on services available and referral pathways)*

Please complete this form and return via email attention to Service & Community Development

Officer: headspace.bankstown@richmondpra.org.au

Contact person

Service & Community Development Officer

P: (02) 9393 9669

F: (02) 9790 7615