**headspace Bankstown Resources  
Promotional Material**  
*Please note: Resources are subject to availability, and only a select number can be sent due to limited stock.*

**Requested by (school/organisation/individual):**

**Contact information:**

**Address (where postage is appropriate):**

**Would you be able to collect from our centre?**  Yes  No

Centre Information and general headspace services (including eheadspace)

Posters (A2 size promotion of mental health, physical/sexual health, study/work support, alcohol & other drug support, Digital Work & Study program, healthy headspace tips)

Please specify:

Campaign Material (Yarn Safe, headcoach, Life isn’t Always Glitter and Rainbows, headspace Day, Fathers campaign)  
Please specify:

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  
 Disordered eating  
 Eat well  
 Gender identity  
 Get Into Life  
 Getting help from a GP  
 Grief & loss

Healthy internet gaming  
 If your friend is not okay  
 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  
 Understanding gaming  
 What is mental health