### headspace Resource Request Form

### Please complete the following form relating to promotional materials/resources and return to headspaceCDT@parramattamssion.org.au. We will respond to all requests within two weeks.

### Contact Information

Name Preferred Phone no.

Organisation Today’s Date

Email Address

Postal Address

Closest headspace centre

**Request Details**

Please advise which of the below resources you would like to receive. Please note we are only able to send out a maximum of 8 different factsheets and a maximum of 20 units per item.

**Factsheets**

For large amounts of factsheets please visit https://headspace.org.au/resource-library/

|  |  |  |  |
| --- | --- | --- | --- |
| **Headspace Fact Sheets** | **Select** | **Headspace Fact Sheets** | **Select** |
| Alcohol |  | **Sex and Sexual Health** |  |
| Anger |  | **Sexuality and Mental Health** |  |
| Anxiety |  | **Tips for a healthy headspace** |  |
| Bipolar |  | **Get into Life** |  |
| Bullying |  | **Learn how to handle tough times** |  |
| Dealing with Relationships |  | **Build Close and Connected Relationships** |  |
| Depression |  | **Eat well** |  |
| Eating Disorders |  | **Get Enough Sleep** |  |
| Gender Identity and Mental Health |  | **Cut back on Alcohol and Other Drugs** |  |
| Getting help from a GP |  | **Stay Active** |  |
| Grief |  | **What is Mental Health** |  |
| If your friend is not okay |  | **Health Internet Gaming** |  |
| Psychosis |  | **Screen Time** |  |
| PTSD |  | **Understanding Gaming** |  |
| Self-Harm |  | **Sleep and Gaming** |  |

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| --- | --- |
| **Yarn Fact Sheets** | **Select** |
| Alcohol and Drugs |  |
| Mental Health |  |
| Relationships |  |
| Stress |  |

**Merchandise Available**

|  |  |
| --- | --- |
| **Wristbands** | **Select** |
| headspace green wristbands |  |
| headspace YARN safe wristbands |  |

Please email this completed request form to headspacecdt@parramattamission.org.au. Thank you for your consideration.