



headspace
Maitland

Street 73 Elgin Street, Maitland NSW 2320
Mail PO Box 71, Maitland NSW 2320
Tel 02 4931 1000 Fax 02 4931 1060
headspace.org.au

Request Form for Community Engagement and School Education Sessions

headspace Maitland is interested in attending your event, school or service. In order to help us best suit your needs please note the following:

- We need at least **3 weeks notice** of events and presentations.
- We may not be able to meet your request within the timeframe due to prior commitments.
- If you need to cancel an event or presentation, please advise us 1 week before.

Date request received by headspace Maitland:	
Name of school/Organisation:	
Contact Name:	Email:
Contact Number:	Mobile:
Date of event:	Time of event:
Address at which staff need to attend:	

Tick the types of assistance required:

- School Presentation Service Talk Event Participation
 Visit to headspace centre Clinical Presentation (eg mental health, drug and alcohol)

(If school presentation – Please state which session type on page 2 you wish to have presented)

Please provide details regarding your expectations of headspace Maitland:

Details of audience:

- Students School Year: _____
 Parent's Staff General Public Clinicians
 How many in audience/numbers: _____

Please tick what will be available to headspace staff on the day of the event/presentation:

- Projector Table Chairs Marquee Microphone
 Whiteboard *(Please ensure that the event is Sun Smart for staff attending)*

Thank you for taking the time to fill out this request form.

Please keep in mind that it may take 10 days for a staff member to process and get back to you.

Please email to headspacemaitland@samaritans.org.au or fax to 02 4931 1060



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headspace Maitland offer several education and information sessions. Sessions are targeted at young people, parents, teachers and the community.

For more information contact **headspace** Maitland on 02 4931 1000 or headspacemaitland@samaritans.org.au.

Meet headspace

A tailored session focused on what services are available through **headspace** Maitland, how to access services and what happens when entering **headspace** Maitland. Resources and information handouts are provided and tailored to the groups needs.

Parent/Teacher information session

Information session about **headspace** Maitland and services available for young people. Parents and teachers are provided with information to be better prepared to support young people.

Anxiety

Learn about the many different anxiety disorders, what causes anxiety and how to identify the signs and symptoms of anxiety. Develop an understanding of how to help a friend and services that can support young people.

Depression

Learn about depression and identify signs and symptoms of depression. Develop an understanding of how to help a friend and learn about services that can support young people.

Stress

An education session to enable participants to identify sources of stress, develop an understanding of what stress is and explore stress management techniques.

Bullying

This workshop aims to deliver the key message that bullying is not ok. Learn about the effects bullying can have on those involved, develop positive and effective ways to cope with bullying and identify services that are available to help.