



FREE Local 2016 headspace Mental Health Resource Kit

Our **headspace** centres in Narre Warren and Dandenong have put together a USB based mental health resource kit with over 50 **headspace** mental health educational resources designed to improve mental health literacy, promote early help seeking and promote **headspace** services to young people aged 12-25, their carer's and support networks. This resource may be of use to counsellors, youth workers, teachers and doctors who are involved with supporting the mental health and wellbeing needs of a young person and their family.

Resource kit contents (print ready on USB):

- **headspace** infographics;
- Translated **headspace** fact sheets;
- Updated **headspace** centre brochures;
- Frequently asked questions about local headspace services;
- **headspace** fact sheets covering a number of mental health topics; and
- Information about local **headspace** programs and activities we offer

To request your FREE resource kit complete this form and fax or email back to headspace on:

Fax: **(03) 8738 9888** or Email: requests@headspacenarre.com.au

Name: _____

Organisation: _____

Address: _____

Telephone: _____ Email: _____

Resource kits numbers are limited so secure your local headspace resource kit today!

headspace is a FREE-YOUTH FRIENDLY-CONFIDENTIAL mental health service for young people aged 12-25 and their families. Our not-for profit organisation offers bulk billing counselling services, after hours support and we accept walk-ins. Our streamlined referral process is as simple as dialing our **1800 367 968** number!