

# Order Form

## Headroom resources



To order please post or fax to Headroom  
 295 South Terrace  
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[www.headroom.net.au](http://www.headroom.net.au)

Name: \_\_\_\_\_

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**Type of organisation (please tick ✓)**

- School                       Mental health                       Hospital/medical/GP  
 Youth service               Community health               Non-government organisation               Other:.....

QTY Pack of 10	Revised topics	Topics under review and not currently available
	Anger	Independence day (living independently)
	Bullying	Keeping yourself well after mental health problems
	Body image	Loss and grief
	Conflict	Mental health ... what's the story
	Friends	Goals. How to set them. How to get them.
	Gossip	Relationships
	Peer pressure	School
	Stress	Helping out friends
	Self esteem	Sex – think about it.
	Self talk	Half full or half empty? Get optimistic.
		The ups and downs of families
	<b>Discontinued topics</b>	Get a handle on being assertive
	Living with a chronic health problem	Being different. It's actually quite normal.
	If at first you don't succeed try persistence	Chill out and relax
	Social and community pressure	
	Persistence	
	Depression	
	Finding help when you need it	

Quantity	<b>Postcards</b> (size 105 x 148) Pack of 10 (only available within South Australia)		Quantity	<b>Posters</b> (size A2) Single quantity (only available within South Australia)	
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Hard copy Headroom resources are **ONLY** available within South Australia.

Postcards and posters are only available within South Australia.

Outside South Australia Headroom pamphlets are available to download in a PDF format via the Headroom website [www.headroom.net.au](http://www.headroom.net.au)



Government of South Australia

SA Health