

emergency contact details

emergency contact name:	
emergency contact number:	their relationship to you:

further information

reason for contacting headspace Colac: *(please tick all that apply)*

- feeling down or stressed
- wanting to see a GP
- sexual health (including contraception and sexual health checks)
- support with work or study
- alcohol or other drugs negatively impacting your life relationship
- issues
- troubles with family or friends
- want to talk about sexuality or gender identity
- issues with bullying or harrasment
- physical health issues
- issues with self-harm
- suicidal ideation
- body image or eating
- other

please add any further information you would like to share with us:

Are you currently engaged in education, training, or employment?

If you answered yes, can you provide further details? *e.g., name of school attending, hours of work per week*

Would you like to involve a family member or support person in the next steps of connecting with headspace?

yes no unsure

Please save the completed form and email a copy to headspace Colac at: headspacecolac@barwonhealth.org.au

headspace Colac

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