

# headspace Canberra Youth Ambassadors

## headspace Canberra Youth Ambassadors are up and running!

The headspace Canberra Youth Ambassadors are a diverse team of young people providing educational workshops to schools and community groups about mental health.

For more information, contact:

[hs.canberra@marathonhealth.com.au](mailto:hs.canberra@marathonhealth.com.au)

Or fill in the following form to request a workshop:

<https://form.jotform.co/70848624880870>

The Youth Ambassadors provide workshops on a variety of mental health topics including:

- Anxiety
- Stress
- Depression
- General mental health
- Self-care
- School stress
- Bullying