



headspace orange
family and friends group
application package

what is headspace and the family and friends group?



We are a free youth friendly service for anyone aged between 12 and 25 years. We help young people having a tough time, or those who would just like to work on improving their overall health and well-being.

Our Family and Friends Group is made up of community members who are passionate about the mental health and wellbeing of young people. We want to provide you with the opportunity to have input into the strategic direction of headspace services and local mental health services.

who are we looking for?

We are looking for people who are interested in advocating for youth mental health and wellbeing in your local area.

We would love to hear from you if:

- You have an interest and passion in mental health and/or alcohol and other drug issues for young people
- You are passionate about promoting youth mental health and wellbeing
- You have the ability to think about the big picture
- You have the ability to work in a team and participate in group discussions, as well as work independently
- You are motivated and willing to participate on an ongoing basis
- You have good communication skills and the ability to balance your personal needs and the commitment to the group.
- You have easy and regular access to the internet and phone

We would like to hear from a diverse range of people including:

- Aboriginal and Torres Strait Islander people
- People from different cultural and language backgrounds

- People from metropolitan, rural and remote areas
- People of diverse sexualities and genders
- People who have experienced homelessness.

why join the family and friends group?

Family and Friends Group members do vital work to keep our service running, including:

- Providing feedback on headspace Orange services and programs
- Suggesting, and helping to implement, programs and events
- Giving feedback about local youth and health services.

Joining the Family and Friends Group group will give you the opportunity to:

- Be a media spokesperson
- Lead local projects
- Participate in marketing, promotion and community awareness activities
- Be involved with mental health related focus groups and consultations



what is involved?

Friends and Family Group members do vital work to keep our service running. Member responsibilities include:

- Participating in bi monthly meetings on a regular basis
- Undertaking training about headspace, mental health, mental illness and talking to the media
- Participating in teleconferences, email and Facebook discussions
- Supporting local headspace activities

Some members may choose to:

- Become community advocates for youth mental health which will raise awareness of youth mental health, encourage young people to seek help early and to educate the broader community about mental health and wellbeing
- Be involved in community education activities
- Become a media spokesperson to advocate for youth mental health and wellbeing
- Speak at public functions, local schools, mental health forums or conferences.

what's in it for you?

By joining the Friends and Family Group you will be given opportunities in both personal development and training.

This is your chance to:

- Build connections with other community members passionate about youth mental health and wellbeing
- Receive training in mental health, alcohol and other drugs, media and other specific areas of interest
- Develop a range of skills including working in groups and representing the needs of youth in our area.

You will be given opportunities to develop your skills in the following areas:

- Mental health
- Alcohol and other drugs
- Talking to the media
- Speaking in public
- Any other areas you are specifically interested in.

time commitment?

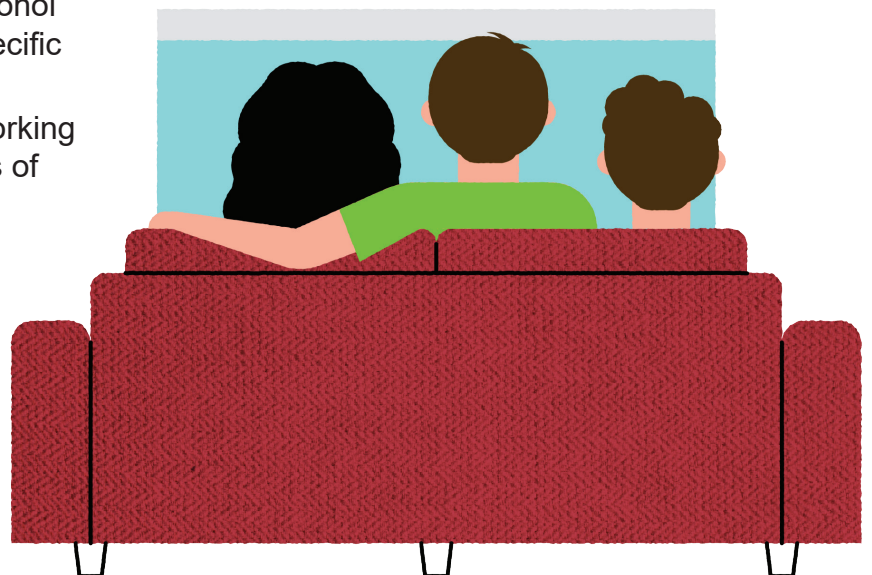
In between face to face meetings and events, contact will be maintained through email, Facebook. It is expected that you maintain regular, at least once a fortnight, contact with the group.

how do I apply?

To apply complete the attached application form and return via email the application to emma.crisp@marathonhealth.com.au.

When we receive your application our Community Engagement Officer, Emma, will contact you with the next steps.

If you have any questions about the process please call Emma on 02 6941 9025.



family and friends group application form

personal details

Name

Phone

Email

Address

Date of Birth

Gender/Pronouns

about you

What skills can you bring to the Family and Friends group?

What type of headspace activities would you like to be involved in?

| | | |
|---|-----|----|
| Are you Aboriginal or Torres Strait Islander? | Yes | No |
| Do you identify as LGBTQIA+? | Yes | No |
| Do you have lived experience with mental illness? | Yes | No |
| Is this something that you would be happy (and feel comfortable) talking about? | Yes | No |
| Do you have a current Working with Children Check? | Yes | No |