

youth reference group

2023 to 2024



headspace Tuggeranong

headspace Tuggeranong supports young people aged 12-25.

We offer 6-10 free mental health counselling sessions to young people and their families. We also support young people with alcohol and drug use, and employment and education goals.

Plus, we have a free doctor who can help with physical and sexual health. We are known as a queer friendly service and have been running for 17 years.

YRG

The Youth Reference Group (YRG) is made up of volunteers aged 16-25 who care about mental health in our community. We meet with the YRG to consult on services, programs, and issues and get input directly from young people.

The group also does heaps of awesome community engagement to promote positive mental health! Read more about what they do in the following pages!



Details

Who	Volunteers aged 16-25 who care about youth mental health
Where	headspace Tuggeranong 167 Soward Way Greenway ACT
Duration	12 months
Meetings	Fortnightly, on Thursdays 5:00pm - 6:30pm
Start date	January 2024



What will I learn? Literally so much! You'll receive a formal Youth Mental Health First Aid certification. You'll also learn skills like community engagement, mental health advocacy, event management and teamwork.

Priority groups Any young person is welcome to apply, however we are super keen to have representation from the following groups:

- First Nations young people.
- BPoC (Black and/or other People of Colour)
- Young men and NB masculine people.
- LGBTQIA+ young people.
- Young people who have had unstable housing.
- Young people who have had a hard time with alcohol and drug use.
- Young people with disabilities

What does the YRG do?

1. Consultation

headspace Tuggeranong is a service for young people. Because of this, youth perspectives and participation is really important. During our meetings we consult with YRG around important service issues and ideas. The YRG give their perspectives and help make our work affirming for young people.

For example, in 2023 YRG did a full review of our physical site and created 'how to adult' workshop!

They also sat in on every interview we ran, created new resources and responded to youth engagement based on current data.



2. Community engagement

The YRG also does heaps of community engagement, including:

- Running stalls at festivals, community events, youth groups and schools to promote mental health.
- Organising events.
- Managing our social media.
- Meeting with other organisations to provide youth perspectives.
- Attending annual camp with other YRGs!



How to apply?

Scan the QR code or follow the link below! Applications close Dec 18th.



Link: <https://forms.office.com/r/dPJLbWLaNR>

Questions?

Email Beth (they/them), our Community Engagement Officer at bjones@gph.org.au

What's the process?

Apply before December 18th!

If your application is successful, we will offer you a 30 minute interview in early January. It's a chance for us to get to know each other and for you to ask us heaps of questions.

Even if you don't get in this year there are still heaps of ways to stay linked with us - email our Community Engagement Officer to ask how.

**Applications close
December 18th
5pm!**





headspace

Tuggeranong

