**Applications Form:**

**headspace CALD Youth Reference Group   
(Culturally and Linguistically Diverse)**

Thank you for your interest in joining our first ever CALD Youth Reference group for headspace nationally.

Before you apply, **please read the information about headspace** on the last few page of this application form.

The application process involves:

1. Submission of this member application form
2. Panel Interview

All applications are considered confidential – the information you provide will not be shared without your permission.

If you have any questions or would like any more information or help with your application, please contact us at michelle.ng@headspacearmadale.com.au or on 08 9393 0300.

**Please return your application form to:**

Michelle Ng |CaLD Youth Worker

**headspace** Armadale

Ph: 08 9393 0300

Email: michelle.ng@headspacearmadale.com.au

Once we receive your application we will then give you a call or email within 7 working days to talk about your application.

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| --- | --- | --- |
| **Name** |  | |
| **Date of birth** |  | |
| **Gender** |  | |
| **Cultural identity** |  | |
| **Suburb & State/Territory** |  | |
| **Language/s spoken** |  | |
| **Phone number/s** |  | |
| **Email address** |  | |
| **I am interested in being a:** (Please read pages 4-5 for descriptions of both membership options) | **Core** CaLD YRG member 🞏 | **Casua**l CaLD YRG member 🞏 |

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| Please answer the following questions: |
| 1. Please tell us a bit about yourself? (for example: I am working/studying and I enjoy art/music) |
| 1. Why do you want to be involved with headspace? |
| 1. What type of headspace activities would you like to be involved in? What areas are your areas of interest? (For example: public speaking, arts, promotion, attending events, attending meetings etc..) |
| 1. Are you involved in any other youth organisation? If yes, please explain. |
| 1. Is there anything else you would like to tell us? |
| Sometimes there may be issues or topics that can be of a sensitive nature that come up during a meeting. We have a Youth Worker present at all meetings that can provide support or even a chat either during a meeting or at another time. If there are things going on for you, we want to be able to respond in a way that makes you feel safe and supported. These couple of questions will help us do this. |
| Do you or a family member or peers identify as having a mental health issue? (Optional) |
| Is this something that you would be happy (and feel comfortable) talking about? Please note this is not a requirement for acceptance into the YRG |
| Please provide details of any physical or medical conditions that may affect participation in activities. |
| Do you have any dietary requirements? |
| What are some of the things that might help you stay well? How can we support you when things are difficult? |
| Who would you like us to contact if we are worried about you or you need some support?  **Name:**  **Relationship:**  **Mobile phone:**  **Home phone:**  **Work phone:** |
| **Name:**  **Relationship:**  **Mobile Phone:**  **Home phone:**  **Work phone:** |

**What is headspace Armadale?**

Armadale **headspace** can provide information, support and services to young people, ages 12 to 25 years and their families. **headspace** can help with general health, mental health and wellbeing and with alcohol and other drugs. Information and support to assist with employment and education is also available. Online and telephone mental health support is also available through eheadspace.

By providing a single point of access to youth-friendly support services, raising community awareness of youth mental health issues, and promoting early help-seeking behaviours, Armadale **headspace** is aiming to break down the barriers young people can face when accessing mental health services.

**What is the headspace CALD Youth Reference Group?**

**headspace** Armadale is providing a safe space for CALD young people with the opportunity to be heard and be active around youth mental health and alcohol and other drug issues. The **headspace** CALD Youth Reference Group is made up of young people aged 16-25 who assist us in providing a youthful perspective on the service. They help to guide us in everything we do, to make sure we are on the right track in providing a service that is relevant to CALD young people throughout Western Australia. This is why YOU can be important to **headspace**, because who better to give a young person’s perspective than the young people of NOW themselves?

**Why are we developing a CALD Youth Reference Group?**

**headspace** Armadale is looking to address specific issues that CALD young people face and how these issues can affect mental health. We understand that CALD young people may have additional barriers in accessing help during a tough time. We want young people to help us determine what these obstacles may be, and how we can work towards breaking them down.

**What we are looking for?**

**8-10 Core Members**

Core members will have the opportunity for a number of roles, including but not limited to;

• Leading projects in their local area

• Website consultation and development

• Research and evaluation of headspace services

• Consultation around resource development such as, factsheets, brochures, radio ads etc.

• Peer support and mentoring

• Being a Media or Panel Spokesperson

As well as being able to be involved with:

• Assisting to identify mental health gaps and issues for CALD young people

• Generating ideas to direct headspace Armadale’s actions towards addressing CALD mental health issues and other mental health services in Australia

• Meeting and working with other young people who are passionate about youth mental health

• Making a difference to youth mental health

Core members of the CALD YRG is ideal for young people who are looking to become advocates and leaders in their local community. They will be required to attend a meeting once every second month, this will either be over skype, at a local coffee shop or at various headspace and community Centres. Core members will have a greater hands-on role in planning and delivering programs, workshops and guiding headspace multicultural initiatives.

**8-10 Casual Members**

Casual members will assist in:

• Identifying mental health gaps and issues effecting CALD young people

• Generate ideas to direct headspace Armadale’s actions towards addressing CALD mental health issues and other mental health services in Australia

• Meet and work with other young people who are passionate about youth mental health

• Make a difference to youth mental health

Casual members of the CALD YRG is ideal for young people who would like to have say in directing the actions on issues relating to youth mental health however are unable to commit to regularly meetings. Casual members will be required to attend a maximum of three meetings annually however will also have the opportunity to contribute to events, programs, consultations and trainings where available.

**If travelling to and from Youth Reference Group Meetings is an issue please speak to us to discuss available supports.**