



Applications are now open for the:

headspace Glenroy Youth Reference Group

Are you aged between 16 and 25 and live, work or study in Australia? Do you have something to say about health, mental health and drug and alcohol issues?

What is the headspace Youth Reference Group (YAG)?

headspace is providing young people with the opportunity to be heard and be active around youth mental health and alcohol and other drug issues. There are a number of roles you can play in a **headspace Glenroy YAG**, including:

- Leading a project in your 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
- Media Spokesperson

By getting involved you will:

- Have the opportunity to have your say and direct youth mental health services in Australia
- Develop new skills
- Meet and work with other young people who are passionate about youth mental health
- Make a difference to youth mental health

headspace will provide some training to support you to participate in the above groups or activities

How do I get involved?

Complete the application form and email it to jacinta.vengtasamy@orygen.org.au

or you can post it to Jacinta Vengtasamy
2A Hartington Street, Glenroy VIC 3046

Applications close May 31st 2017

Position Description

Are you aged between 16 and 25? Do you have something to say about health, mental health and drug and alcohol issues?

Member qualities

The group:

- ☐ All members must be aged between 16 and 25 years at time of application
- ☐ YAG members shall be a mix of ages, gender, cultures and backgrounds and have diverse life experiences.

The individual:

- ☐ Have an interest and passion around mental health and/or alcohol and other drug issues for young people
- ☐ The ability to think about the big picture
- ☐ The ability to work in a team and participate in group discussions as well as working independently
- ☐ Motivation, willingness and commitment to participate on an ongoing basis
- ☐ Good communication skills
- ☐ The ability to balance health (including mental health), other responsibilities like school/work/uni/family and the demands of the advisor position
- ☐ All members must have easy and regular access to the internet and phone

Responsibilities:

- ☐ Participate in meetings once a month with the expectation of ad-hoc meeting during busy periods
- ☐ Be prepared to undertake some training at about **headspace**, mental health, mental illness, substance use, talking to the media and other associated topics
- ☐ Be open and willing to participate in teleconferences, email and Facebook discussions
- ☐ Support local **headspace** activities
- ☐ YAG members may like to become active 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 youth mental health.
- ☐ YAG members may be involved in community education activities, or as media spokespeople on the issue of youth mental health.
- ☐ YAG members may speak at public functions or at local schools, mental health forums, conferences and the like.
- ☐ YAG members are to complete a wellness plan and actively look after all aspects of their health

Who can apply?

We are looking for anyone aged between 16 and 25 who is involved with their local headspace centre. We are looking for about 4 local young people to join the group.

We want you to apply if:

you have had your own experiences of feeling depressed, anxious or another mental health issue

you have a friend or family member who has/or had a mental illness or drug addiction,

you feel passionate about and are interested in mental health issues,

The group is also keen to hear the voices of Indigenous young people, young people from different cultural backgrounds, young people from rural and remote areas, gay, lesbian, bisexual and transgender young people and young people who have been homeless.

Time Commitment

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

Focus groups around specific topics may be held throughout the year and it is expected that the members will be involved in approximately 80 per cent of these each year. These groups may occur through teleconference, face to face, or through email surveys and web based discussion.

Benefits

- Meet with prominent leaders and advocates for youth mental health
- Receive training in mental health, alcohol and other drugs, media and relating to your specific interest area
- Develop a range of skills including working in groups, and representing the needs of your peers

Training

- Training will be given in the following areas:
 - What is **headspace**
 - Mental health
 - Substance use
 - Talking to the media
 - Speaking in public
 - Other as related to interested area

Reimbursements

headspace will cover the following costs:

- All reasonable travel costs, for distances greater than 20km's from the Glenroy headspace Centre, to attend face to face events-duties outside of the regular meetings.

Other

Parental (or Guardian) consent will be needed for young people under 18 years of age.

To apply, please fill out the application form below
Email to jacinta.vengtasamy@orygen.org.au

Alternatively, you can post it to Jacinta Vengtasamy
2A Hartington Street, Glenroy VIC 3046

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headspace Glenroy Youth Advisory Group application form

Personal Details

Name	<input type="text"/>
Phone	<input type="text"/>
Email	<input type="text"/>
Address	<input type="text"/>
	<input type="text"/>
Date of Birth	<input type="text"/>
Sex	<input type="text"/>

What languages do you speak at home?

Where were you born?

Are you Aboriginal or Torres Strait Islander?

Are you from a rural or remote area?

Do you have a family member with a mental illness?

Do you identify as having/had a mental illness?

Is this something that you would be happy (and feel comfortable) talking about?

About You

Please tell us a bit about yourself?

(For example: I am 15 years old, and attend alternative education centre 3 days a week, I like skate-boarding, I enjoy playing guitar etc)

Please describe why you are interested in becoming a Youth Advisory Group member?

What skills and ideas could you bring to the Youth Advisory Group?

Are you involved in any other organisations? If yes, which ones and what is your involvement?



Is there anything else you would like to tell us?

Please provide contact details of two referees (can be work, school or personal):