**Applications now open for the**

**headspace Wollongong Youth Reference Group**

**Are you aged between 16 and 25 and live in the Wollongong area?**

**Do you have something to say about youth mental health and wellbeing?**

**Who can apply?**

We are looking for anyone aged between 16 and 25 who is interested in promoting youth mental health and wellbeing in the Wollongong area.

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 addiction.**

**You feel passionate about and are interested in mental health issues and young people’s health and wellbeing in our community.**

**headspace** Wollongong is also keen to hear the voices of Indigenous young people, young people from different cultural and language backgrounds, young parents, young people from rural and remote areas, young people of diverse sexualities and genders, and young people who have been homeless.

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

**headspace** Wollongong provides young people with the opportunity to be heard and be active around youth mental health and related issues through the Youth Reference Group (YRG).

There are a number of roles you can play in the YRG, including:

* Planning and organising special events
* Helping us to make our centre responsive to young people’s needs
* Giving feedback about local youth and health services
* Fundraising for headspace Wollongong
* Presentations and activities with high schools, TAFE and UOW
* Accessing training and development opportunities
* Media promotions and interviews and publicity
* Sharing your experiences and encouraging early help seeking.

By getting involved you will:

* Have the opportunity to have your say on local services
* Develop new skills
* Meet and work with other young people who are passionate about youth mental health
* Make a difference to youth mental health in your community.

The Youth Reference Group meets fortnightly (during school terms) on a Thursday afternoon at **headspace** Wollongong, and also provides regular feedback and input through an online forum.

**TO APPLY, COMPLETE THE ONLINE APPLICATION FORM AT** [**www.headspace.org.au/wollongong**](http://www.headspace.org.au/wollongong)

If you would prefer to apply by post or email, complete and send this form to [**headspace@gph.org.au**](mailto:headspace@gph.org.au)or PO Box 6038, Wollongong NSW 2500.

**APPLICATIONS CLOSE SUNDAY 26 FEBRUARY 2017**



**Youth Reference Group Application Form**

**Personal Details**

**Name**

**Phone**

**Email**

**Address**

**Date of Birth**

**Gender**

What languages do you speak at home?

Where were you born?

Are you from a different cultural background?  Yes  No

Are you Aboriginal or Torres Strait Islander?  Yes  No

Do you have a family member with a mental illness?  Yes  No

Do you identify as having (or having had) a mental illness?  Yes  No

Is this something that you are happy (and feel comfortable) talking about?  Yes  No

The YRG meets fortnightly on a Thursday afternoon from 3.30pm-5pm.  
Are you available to attend meetings at this time?  Yes  No

*If you are unavailable to participate in the Youth Reference Group's fortnightly meetings but would still like to be involved in headspace Wollongong's programs and activities, we have some other opportunities available for you. Please head to our website to find out more (*[*www.headspace.org.au/wollongong*](http://www.headspace.org.au/wollongong)*), or contact Clem, our Community Engagement Officer, on 4220 7660 or* [*cvelasco@gph.org.au*](mailto:cvelasco@gph.org.au) *to discuss your options.*

**About You**

These questions are your opportunity to tell us a bit about you, and help us decide your suitability for the Youth Reference Group.

**Please tell us a bit about yourself:**

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| *(For example: I am 16 years old, and attend alternative education centre 3 days a week, I like skate-boarding etc)* |

**What does mental health and wellbeing mean to you?**

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**Why do you think it is important to improve young people's access to health services?**

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**Are you involved in any other organisations or volunteering?**

**If yes, which ones and what is your involvement?**

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**Are there any specific areas you’re interested in getting involved in?**

(please tick all that apply)

Centre development and feedback

Community awareness

Fundraising for headspace Wollongong

Giving feedback to other local services

Media promotions and interviews

Planning and organising special/one-off events

Training and development (e.g. Youth Mental Health First Aid)

Suicide prevention

Wellbeing and self care

Aboriginal and Torres Strait Islander

Culturally and linguistically diverse / multicultural communities

LGBTIQ / same sex attracted and gender diverse

High Schools

TAFE

UOW

**Do you have any accessibility requirements, dietary requirements, or anything else you would like to share that would help us to support your involvement?**

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**About the Youth Reference Group**

**Why you are interested in becoming a Youth Reference Group member at headspace Wollongong?**

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

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**Do you have any ideas for a project, event or activity you would be interested in coordinating with the help of our community engagement officer and other Youth Reference Group members?** (Ok if you don't, but if you do... we'd love to hear it!)

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Thanks for applying to be a part of the **headspace** Wollongong Youth Reference Group.

Applications close 26 February 2017, and we'll be in touch within two weeks after this date (if not sooner, if you’re a keen bean and get your application in early!).

If you have any questions, or if you don't hear back from us, please don't hesitate to get in touch and drop us a line. You can contact Clem, our Community Engagement Officer, on 4220 7660 or [cvelasco@gph.org.au](mailto:cvelasco@gph.org.au).