



headspace
Bentleigh

YAC FAQ

Frequently Asked Questions

YAC stands for Youth Advisory Committee. The YAC at headspace Bentleigh is open to volunteers aged 12-25 who have an interest in mental health.

What's in it for me?

- The chance to collaborate with other young people who are passionate about mental health
- Training opportunities including:
 - Youth Mental Health First Aid
 - Public speaking
 - Media training
 - Learning to educate others
 - What is **headspace**?
- Volunteer positions can be good to add to your resume when looking for a job
- The opportunity to apply for the headspace

We're looking for a diverse group of volunteers aged 12-25 to join us. If you are reading this it could be you!

When

We usually meet every two weeks on Mondays from 5pm-7pm.

Where

headspace Bentleigh
Ground Floor, 937 Nepean Highway
Bentleigh, VIC, 3204

Contact

Matt – 9076 9414 (Mon, Thurs)
Mel – 9076 9413 (Mon, Wed, Thurs)

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