

Family and Friends FAQ'S

1. What is the Family and Friends Group

The FAF is made up of 5 – 15 community members [25 years and older] who are passionate about mental health and well-being.

The FAF hopes to:

1. Provide you with the opportunity to have input into the strategic direction of headspace services, and local mental health services.
2. Allow a way for the voice of young people to be heard and acted upon.
3. Provide opportunities for skills and leadership development and provide experience in; media, marketing, communication and advocacy skills.
4. Support you to lead projects locally
5. Assist in allowing young people to direct youth mental health policy development
6. Demonstrate good practice by assisting young people in the youth, welfare and health sector

2. What is involved in the role?

Community members in the headspace Family and Friends Group will have the opportunity to be involved in a number of ways including:

1. Media spokespeople and community engagement opportunities
2. Lead local projects
3. Marketing, promotion and community awareness activities
4. Involvement in mental health related focus groups and consultations
5. Evaluation and research
6. Policy and advocacy

By providing a variety of activities, it is hoped that it will provide the opportunity to draw on people's strengths, abilities and capabilities, while also appealing to a broad range of interests.

3. What's the time commitment?

The appointment of FAF Members is 12 months. There will be bi-monthly meetings organised at a time that suits you.

In between meetings and events, contact will be maintained through Facebook, email, online forums and teleconferences. There will be an expectation that you participate regularly in these discussions. It will also be expected that you take part in focus groups and project work related to your areas of interest.

This is a volunteer role and although you will be paid for some of the events, it is expected that you will also volunteer your time for subcommittees, projects and other events.

4. Can you tell me more about the activities that I can be involved in?

Media Spokespeople and Community Engagement

FAF members are supported to become active community advocates for youth mental health. The goal is to raise awareness of youth mental health, encourage young people to seek help early and to educate the broader community in youth mental health. FAF Members may be involved in community education activities, or as media spokespeople on the issue of youth mental health. Media spokespeople may be requested to speak at public functions or at local schools, mental health forums, conferences etc.

FAF members do not need to have previous experience at talking in public or to the media. The FAF will be supported and trained to become comfortable talking to the media and speaking at events.

headspace Local Projects

With support from the headspace centre staff, members of the FAF will have the opportunity to lead specific projects and participate in training opportunities. These projects may include: production of a headspace video, planning a fundraising event, an art competition, mental health first aid training....the possibilities are endless.

Involvement in Focus Groups and Consultations

From time to time, focus groups are held around specific topics to help improve headspace services. The purpose is to assure that the interests and opinions of young people are represented in all aspects of headspace activity and that services and resources are youth friendly. These groups are called as needed.

Evaluation, Research and Policy Advocacy

Community members on the FAF will have the opportunity to get involved in evaluation. Topics for evaluation will depend on the need at the time.

A subcommittee or working group will be established to work in these areas. Community members on the FAF will be notified and asked for expressions of interest through email. Communication will be mostly through Facebook and email.