



Applications are now open for the:

## headspace Griffith Local Youth Reference Group H.Y.P.E. Helping Young People Evolve

### headspace local reference group application form

#### What is the headspace Local Youth Reference Group?

**headspace** is providing young people with the opportunity to be heard and be active around youth mental health and alcohol and other drug issues. At **headspace** Griffith, we value the importance of young people's input towards the way that our centre runs. Our Youth Reference Group is a collaborative group of young people from our community who assist us in ensuring that we "get it right" in every way. They help us to reference our procedures, help us ensure that we offer services in a youth friendly way, and also help us to be active in the community and raise awareness of important matters.

#### What can you expect from being part of the Youth Reference Group?

We are a friendly group of young people from the local area, aged between 16 and 25 years old. We all strive to provide a safe and friendly group for people to join, have fun, and help work towards our common interest of promoting Youth Mental Health. We value everyone's unique experiences and interests, and hope to provide an area that each person can be innovative in their areas of interests. We endeavour to:

- Ensure that headspace Griffith is providing "youth friendly" services, in every way
- Provide feedback and evaluations of the staff and services
- Provide input about the things that matter to young people
- Support the promotion of their programs and key messages
- Be active in the community in raising awareness about youth mental health
- Develop community events and promotions
- Attend community events
- And most importantly, make new friends and have fun

Being a member of the YRG is a voluntary role that offers an opportunity to have your say and improve health services for young people in your community. YRG members gain valued skills and experience which will be sure to serve you well in a wide range of future endeavours.

#### How do I get involved?

So that we are able to make sure that you are getting the most out of the group, and that you're having fun, we need to find out a little bit about you. If you are interested, simply complete the application form and email it to [prudhamc@headspacegriffith.org.au](mailto:prudhamc@headspacegriffith.org.au) or you can post it to **headspace Griffith** PO Box 1067, Griffith NSW 2680

You can also check us out at [www.headspace.org.au/griffith](http://www.headspace.org.au/griffith)



**headspace**  
Griffith

Street 1/26 Ulong Street, Griffith NSW 2680  
Mail PO Box 1067, Griffith NSW 2680  
Tel 02 6962 3277 Fax 02 6962 6925  
[headspace.org.au](http://headspace.org.au)

## Personal Details

Name

Phone

Email

Address

Date of Birth

Sex

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?



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## 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 etc)*

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

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

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