



# Youth Reference Group

**Passionate about mental health and well-being?  
Want to have a say and advocate for young people?  
Become a Youth Volunteer!**

YRG is made up of young people, 12-25yrs, passionate about mental health and well-being. the YRG aims to provide you with the opportunity to volunteer and have input into the strategic direction of headspace services.

you could be involved in a number of ways including, media spokesperson, community engagement opportunities, lead local projects, marketing, focus groups, advocacy.. the list goes on!

Meetings are held monthly at  
Headspace Mount Barker  
30 Stephen Street

For more info contact Georgy,  
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