

headspace Osborne Park

Youth Reference Group

Are you a young person age 16-25?

Are you passionate about youth mental health?

Do you want to have a say in youth mental
healthcare?



**The Youth Reference Group might
be the place for you!**

What is the YRG?

The Youth Reference Group, or YRG, is a small group of young people with lived experience of mental health struggles. The YRG usually has about 10 - 14 members, and each headspace has a YRG.



What does the YRG do?

Every YRG member must regularly attend monthly meetings. Beyond that, the YRG does whatever they decide they want to do! This can include...

- Representing headspace at events
- Attending meetings between local mental health/youth organisations
- Proposing, designing, and running clubs, events, and much more
- Giving feedback on material and events relevant to youth
- And so, so much more!

Where can I get more information?

To express your interest or ask more questions, please contact Chloe Dunne at

Mobile: 0482 186 253
Email: chloe.dunne@headspaceospk.com.au

Or call headspace Osborne Park at
Phone: 08 9208 9555

