

role description

headspace Youth Reference Group (YRG)



why join our YRG?

Are you passionate about the mental health and wellbeing of young people? Do you want to be part of making a difference in your community by getting involved in fun events and projects?

We're looking for people aged 16-25 to join our Youth Reference Group. So if you're into being a leader for youth and want to make your voice heard in the community, hit us up! We meet every two weeks on a Wednesday afternoon, where you can speak up as much or as little as you like. So why not come and hang out with us?



personal qualities that make an amazing YRG member

Have a passion for youth mental health

Team player

Good communication

Creative

Honest

Compassionate/empathetic

Reliable

Willing to learn

Up for a challenge



what you do as YRG member

Attend fortnightly catch-ups (snacks included!)

Plan and run youth-friendly events, activities and programs

Represent headspace at local events

Participate in personal development and education (if you want to!)

Work with local community groups and organisations work with other young people who have the same interests and values

Tell us what young people are concerned about, want and need (most important!)



what headspace will do for you!

Provide free training in mental health, alcohol and other drugs, public speaking and media

Give you experience working with a large health organisation
Support your skills development and knowledge of event and project planning, working in groups, communicating effectively with your peers

We will cover all reasonable travel costs for events you attend

We will provide reimbursement for your time when you undertake tasks outside of your YRG role (such as sitting on an interview panel)



want to join or know more?

If you want to join the YRG, email or call our Community Awareness and Engagement Worker!

Phone 1300 322 022 or email

headspaceAW@gatewayhealth.org.au

Please note that parental or guardian consent will be needed for people under 18.

YRG is not a therapeutic group program.

Young people 18 and over must have Working with Children's

Check as a volunteer; this is a no-cost application, and we can support you with the application if needed!