

headspace Bankstown Family and Friends Reference Group Expression of Interest Form

Date of Application	
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Name	
Date of birth	
Pronouns	
Email Address	
Phone Number	

Have you previously or currently support a young person who has experiences of mental ill health? Yes No

What is your relationship to them?

What is your experience with caring or supporting them? *Please do not disclose identifiable information.*

The headspace Bankstown Family Reference Group is made up of diverse members who all have a lived and/or living experience of supporting a young person with mental ill health. The aim of the headspace Bankstown Family Reference Group is to advocate for the role, contribution and needs of families and friends across all headspace Bankstown programs and services.

1. Why would you like to join the reference group?

2. What do you hope to contribute?

3. How do you see the Family Reference Group being involved in the local area? What changes would you like to see?

At headspace, family is defined uniquely by each young person. Family is considered to be an integral part of a young person's circle of care. Family and other caregivers – whether by birth, choice or circumstance – hold a significant role in supporting a young person by fostering a sense of belonging and connection through their shared experience.

The term family may include parents, caregivers, siblings, partners, Elders, kin, mentors and other community members who are viewed by the young person as people who play a significant emotional, cultural, faith-based or other role in their life. At headspace we acknowledge and respect the diversity of families across Australia. headspace is committed to the reflective practice of cultural humility and the need to meet families where they are at.

Please note that:

- You will be asked to sign and agree to the Terms of Reference for our Family Reference Group.
- Regular attendance and participation will be required to maintain current membership of this group with membership limited usually two-year term (as agreed).
- The group will be facilitated by the headspace Bankstown Service & Community Development Officer and/or a delegate from the headspace Bankstown team.
- Meeting details and reminders will also be advertised either via a closed Facebook Page as agreed to and/or via text message or email as consent is obtained.
- Meetings will be bound by confidentiality requirements and expectations with the exception to publicly available information.
- This is a voluntary reference group with no financial compensation provided unless otherwise specified.
- For further information please email headspace Bankstown at headspace.bankstown@flourishaustralia.org.au or via phone at 02 9393 9669.
- For further reference, please review headspace National's Reference Group to have a look at what is being done within the service nationally at <https://headspace.org.au/about-us/headspace-friends-and-family-national-reference-group/>