

Volunteer Position Description

As a group:

- All members must be aged between 16 and 24 years at the age of application
- A mix of age and gender
- Representation from Aboriginal and Torres Strait Islander community
- Representation from different cultural and language backgrounds
- Representation from LGBTQIA+ young people
- A broad range of life experiences including but not limited to experiences of homelessness, disability, mental health issues and mental illness, substance use, refugee and migrant backgrounds, young carers, etc.

As an individual:

- Young people must be aged between 16 and 24 years at age of application
- Have an interest and passion around mental health and/or alcohol, drugs and other issues for young people
- Young people that will personally benefit from their involvement in the YRG
- The ability to think outside of the box
- The ability to work in a team and participate on an ongoing basis
- Good communication skills
- The ability to balance wellbeing and other responsibilities such as school/work/uni/family and all the demands of the YRG position
- All members must have easy and regular access to the internet and phone

Responsibilities

- Participate in monthly meetings
- Be prepared to undertake some training about headspace, mental health, mental illness, alcohol and other drugs, self-advocacy, talking to the media and other associated topics
- Participate via email, WhatsApp, Discord and other platform group discussions
- Support local headspace Bankstown activities
- Be a community advocate for youth mental health to raise awareness of its importance, encourage early help-seeking, and to reduce stigma
- Young people may be involved in community educational activities, or as media spokespeople on the issue of youth mental health
- Young people may speak at public functions or at local schools, mental health forums, conferences and similar
- Complete a wellness plan and actively look after all aspects of your health

- Update relevant staff member(s) on any changes in circumstances or contact information
- Represent YRG and headspace Bankstown in a professional manner

Time Commitment

- In-person for approximately 2-4 hours a month
- Commit to being a part of the group for 24 months from date of recruitment
- Between in-person meetings and events, contact will be made via email and group chats on agreed platforms.
- It is expected that you maintain regular (at least fortnightly) contact with the group
- Any focus groups for targeted discussions throughout the year
- Any internal meetings that require a YRG member to be present i.e., consortium

Benefits

- Meet with leaders and advocates for youth mental health
- Receive training in mental health, advocacy, and other areas of interest
- Develop a range of knowledge and skills including working in groups, and representing the needs of your peers and community
- Opportunities to be a youth voice in wider community organisations associated with headspace Bankstown
- Participate in paid opportunities

Reimbursements

headspace Bankstown will cover the following costs:

- Refreshments will be supplied for the groups at each monthly meeting
- All reasonable travel costs to attend in-person events (receipts to be provided)
- Remuneration of lived and/or living experience for the following activities:
 - Interview panels
 - Public speaking
 - Community events (when specified)