

Youth Reference Group

**headspace Batemans Bay
and headspace Narooma
application overview**





headspace Batemans Bay & headspace Narooma

headspace is the National Youth Mental Health Foundation providing early intervention mental health services to young people aged 12–25.

headspace centres support young people with mental health, physical and sexual health, alcohol and other drug concerns, and work and study goals.

headspace Batemans Bay and headspace Narooma are operated by Relationships Australia Canberra & Regions (RACR), delivering youth-friendly, free and confidential support services across the Eurobodalla.

About the Youth Reference Group (YRG)

Our Youth Reference Group is made up of young people aged 16–25 who want to improve youth mental health and wellbeing in their community. The YRG ensures our centres stay youth-friendly, inclusive and representative of the diverse experiences of young people across the Eurobodalla.

Members provide input into service design, community engagement, advocacy, events, and local projects. The group also plays an important role in raising awareness, promoting early help-seeking, and creating positive social connection opportunities for young people.



Details

Who: Volunteers aged 16-25 who care about youth mental health.

Where: headspace Batemans Bay and headspace Narooma

Duration: Minimum of 12 months

Meetings: 1st Mondays of the month 4pm-5pm

Start date: February 2025



What you'll gain

Literally so much! You can receive formal training in Youth Mental Health First Aid. You'll also learn skills in community engagement, mental health advocacy, event management, administration skills & teamwork, as well as have opportunities to represent headspace at Consortium and team meetings. YRG members also receive letters of recommendation at the end of each year.

Who can apply

You can apply if you're aged 16–25 and live, work or study in the Eurobodalla. We're looking for young people who care about mental health, are open to learning and working respectfully with others, and can come along to our monthly Monday meetings from 4–5pm. Lived experience with mental health or alcohol and other drugs is welcome but not required.

Any young person can apply — we're especially keen to hear from:

- Aboriginal and/or Torres Strait Islander young people
- LGBTQIA+ young people
- Culturally and linguistically diverse young people
- Neurodiverse young people
- Young people with a disability
- Young men
- Young people with caring roles



What does the YRG do?

headspace is a service for young people, so youth perspectives are really important. The YRG shares their insights on what young people need and helps make our work more youth-friendly, inclusive and affirming for young people.

Here are some of the things you might do:

- Attend regular meetings and provide feedback on headspace services, ideas and youth experience.
- Share youth perspectives on centre design, accessibility and issues affecting young people in the Eurobodalla.
- Help run stalls at community events and schools.
- Support and contribute to youth activities like workshops and mental health awareness events.
- Work with other YRG members on youth-led projects and co-design programs and resources.
- Provide input into new initiatives and groups.
- Help us run our social media pages by creating or supporting youth-friendly content.
- Represent headspace at meetings.



How to apply?

Scan the QR code or visit our website.

Applications close 17th January.

More questions?

Email our Community Engagement Worker
jessica.booth@headspacebatemansbay.org.au

We will contact applicants in mid-Feb.

