

Youth Peer Volunteers

headspace Early Psychosis

this volunteer program is for young people 18-30 who have a lived/living experience



Training

- This volunteer program starts with 5 day training (in person)
- Each day has a focus:
1. Youth Peer Support
 2. Self-care
 3. Boundaries
 4. Sharing your story
 5. Peer group facilitation
- 8-12 people participating and 1-3 facilitators
 - Developed by Youth Peer Support Workers, and reviewed by young people with lived/living experience

Volunteer opportunities

Volunteer in spaces such as:

- recovery and/or peer support groups
- multi-disciplinary teams
- community events
- health services
- media e.g. podcast, social media etc.



ongoing support

Feel supported to learn and grow with:

- Group reflection / supervision
- 1:1 Supervision
- check ins before and de-briefs after every opportunity
- Individual Learning Plans
- headspace volunteer celebrations
- professional development alongside other teams



Youth Peer Volunteers

headspace Early Psychosis

headspace Early Psychosis offers specialist support for young people aged 12-25 who are experiencing, or are at an increased risk of developing psychosis. We're based at headspace centres in Bentleigh, Elsternwick, Narre Warren, Dandenong and Frankston.

headspace Early Psychosis services aim to be wholistic, youth friendly and innovative.

We offer case management, counselling, groups, family and youth peer support, work and study support, Neuropsychology and more!

Learn more at our website
<https://headspace.org.au/services/early-psychosis/headspace-early-psychosis/>

peer volunteers Learn how to...

- reflect on their lived/living experience and what it means to them
- purposefully share their story to break down stigma, provide hope to other young people and encourage help seeking
- use their lived/living experience to connect with others
- uphold Peer Support values in relationships
- Connect with young people from a Youth Peer Support Worker Framework
- hold space for different perspectives in mental health
- walk alongside people on their journey

Youth Peer Volunteer FAQ contact Brixton at b.sterling@alfred.org.au

how long can I volunteer for?

this program is for 12 months. We understand that life happens, and it is okay to take a break when you need to. You can volunteer for longer too.

where are the opportunities?

our service is at headspace centres in Bentleigh, Elsternwick, Narre Warren, Dandenong and Frankston. Opportunities are available at all of these centres.

what is lived/living experience?

this refers to when someone has experienced mental-ill health. You may have other language for this and that's okay too.

Can I do the training and not volunteer?

Yes! If you have connected with the headspace Early Psychosis service, we have a place for you.

do I have to participate in every opportunity?

You can choose which opportunities you'd like to do. It is important that you participate in ongoing support spaces with us if you're volunteering.

can anyone apply?

young people 18-30 who have a connection to headspace Early Psychosis or our headspace centres.

We have other volunteer programs for 16-25 year olds too.



@headspace_bentleigh

For any other information contact
Brixton at b.sterling@alfred.org.au