

Youth Advisory Committee (YAC)

headspace is providing young people with the opportunity to be heard and be active around youth mental health and alcohol and other drug issues. There are a number of roles you can play in the YAC, including:

- Leading a project in your local area
- Website consultation and development
- Research and evaluation of headspace services
- Consultation around resource development such as factsheets, brochures, radio ads
- Peer support and mentoring

By getting involved you will:

- Have the opportunity to have your say and direct youth mental health services in Australia.
- Develop new skills
- Meet and work with other young people who are passionate about youth mental health
- Make a difference to youth mental health



Get more involved

To sign up for volunteering at headspace check out our online application at <https://headspace.org.au/headspace-centres/bentleigh/#more-info>

Contact headspace

You can email headspaceYP@alfred.org.au or call the headspace centre closest to you below.

"I am a lot more confident in my abilities after seeing my strengths"

headspace Bentleigh 973 Nepean Highway, Bentleigh VIC 3204 Tel 03 9076 9400 Fax 03 9076 9444

headspace Dandenong 211 Thomas Street, Dandenong VIC 3175 Tel 1800 367 968 Fax 03 9793 4992

headspace Elsternwick 319-321 Glenhuntly Rd, Elsternwick VIC 3185 Tel 03 9076 7500 Fax 03 9076 7599

headspace Frankston 62 Playne Street, Frankston VIC 3199 Tel 03 9769 6419 Fax 03 9770 5688

headspace Narre Warren 66 Victor Crescent, Narre Warren VIC 3805 Tel 1800 367 968 Fax 03 8738 9888



headspace National Youth Mental Health Foundation is funded by the Australian Government Department of Health



Volunteering at headspace



Volunteering at headspace

Why volunteer?

Volunteering gives young people the opportunity to have a role at headspace and can include a range of decision-making activities that will benefit everyone who uses the service.

At **headspace**, we know that participation empowers young people and allows them to own the decisions they have made about their lives.

What can I do?

headspace Bentleigh offers young people several ways to get involved, including:

- Developing courses for headspace Discovery College;
- Youth peer support;
- Youth Advisory Committee (YAC)

"Peer support is a great way to connect with someone who knows what it's like to experience mental distress"

Developing courses for headspace Discovery College

headspace Discovery College is about learning. Discovery learning offers courses that are designed and facilitated by people with "lived experience" of mental health challenges, together with subject "experts". This is called co-production.

If you are interested in learning more about how you can get involved in developing courses, first check out the courses available at **headspace** Discovery College online at <https://headspace.org.au/headspace-centres/bentleigh/>

What are peer support groups?

At **headspace**, support groups are groups of young people who gather to share lived experience of mental health challenges.

Support groups are made up of

- Peers—people who are all directly affected by a particular issue; and
- A professional or volunteer discussion leader



Volunteer Youth Peer Worker

Volunteer Youth Peer Workers help other young people at **headspace** in lots of ways, including:

- To feel welcomed and learn about what's on offer at **headspace**;
- Normalising and de-stigmatizing having mental health challenges and getting some help;
- Sharing your own personal story and experiences with others;
- Supporting young people to get involved in headspace activities, groups and events;
- Providing guidance and helpful suggestions based on the things you've learned.