

## Youth Advisory Committee

**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](mailto: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



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Volunteering at  
headspace





## Volunteering at

### 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 12 to 25 years old 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

**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.

Are you someone who?

- Has an understanding of your own personal experiences and challenges with your mental health and an interest in using this in a purposeful way to support others in learning?
- Has an interest and ability in working collaboratively with others?
- Has either attended a Discovery College course or is interested in attending a course before volunteering?

Check out the courses available at **headspace** Discovery College online at <https://headspace.org.au/headspace-centres/bentleigh/>



## Peer Volunteer

Peer Volunteers 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

## 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