



Frequently Asked Questions

1. What is the headspace Berri hERO Group?

The **headspace** Berri hERO Group is made up of young people who are passionate about youth health.

The **headspace** Berri hERO Group hopes to:

- Provide young people with the opportunity to become involved with youth health services in your local community
- Provide young people with the opportunity to have input into the local **headspace** services
- Allow a way for the voice of young people to be heard and acted upon
- Provide opportunities for young people to development new skills and foster leadership, media, communication and advocacy skills
- Support young people to lead projects locally.

2. What is involved for members?

As members of the **headspace** Berri hERO Group young people have the opportunity to be involved in a number of ways including:

- community engagement, awareness and promotion (including school presentations, community events)
- Special projects/ events
- Receive training and development to undertake the hERO role

3. What's the time commitment?

- The initial commitment is for a period of 12 months with opportunity to extend
- Meetings are at **headspace** Berri once a month from 5:00pm – 7:00pm.
- Members must attend at least 5 regular meetings and undertake training provided on commencement in the role.

headspace Berri recognises that young people have many conflicting demands on their time, so it is not expected that members attend every meeting, or volunteer for every event outside of regular meetings. Members can leave the group for a time and return (for example while completing HSC exams) so long as this is communicated with the hERO group coordinator or **headspace** Berri Manager.

In between meetings and events, contact is maintained through a closed, member only Facebook group, and by phone and email. There will be an expectation that members participate regularly in these discussions.

This is an unpaid volunteer role which provides an array of personal, professional and social opportunities including knowledge and skills training, development and networking.

4. Can you tell me more about the activities that I can be involved in?

Young people are supported to become active community advocates for the health and wellbeing of young people. The goal is to raise awareness of youth wellbeing and promote the **headspace** service as a place for young people to seek help. Young people may also have the opportunity to be involved in community education activities.

Members of the **headspace** Berri hERO Group will have the opportunity to actively contribute to specific projects within their local community and **headspace** Berri centre. These projects may include, production of a videos, a youth week event, an art competition, a band comp....the possibilities are endless.

From time to time hERO members may be consulted around specific topics to help **headspace** Berri decide on activities and resources. The purpose is to assure that the interests and opinions of young people are represented in all aspects of our work and that resources for young people and services are youth friendly.

5. What are the requirements?

To be between the ages of 16 to 25 and keen to actively participate. No specific previous experience required.

For more information on the **headspace** Berri hERO Group call 8582 4422 or visit www.headspace.org.au/berri.