

Applications are now open for the:

headspace Bondi Junction Youth Reference Group



Are you aged between 16 and 23 and live in the Eastern Suburbs? Do you have something to say about health, mental health, drug & alcohol issues and vocation / education support?

What is the headspace Bondi Junction Youth Reference Group (YRG)?

headspace Bondi Junction supports people aged 12-25 with mental health, physical health, alcohol or drugs and vocational services. The YRG provides an opportunity to be a voice for youth mental health. The group is a diverse team of young people providing consultation and guidance to **headspace Bondi Junction** to maintain our centre's youth focus. Projects include:

- ◆ Sharing about **headspace** services at community events, and school and university talks
- ◆ Provide social media consultation and development
- ◆ Help young people, family and friends access youth specific information and headspace services
- ◆ Provide input to resource development (e.g. brochures), centre processes and services
- ◆ Partner with local organisations and community members

headspace Bondi Junction will provide training to support these projects. This is a voluntary position and meetings are on the first and third Wednesday of each month, from 5.30pm—7pm.

By getting involved you will:

- ◆ Develop new skills
- ◆ Meet and work with other passionate young people
- ◆ Make a difference to youth mental health
- ◆ Influence and support the running of the headspace centre

How do I get involved?

Complete the application form here:

<https://headspace.org.au/headspace-centres/bondi-junction/youth-reference-group-is-recruiting-for-2021/>

We want you to apply if:

You have had your own experience of feeling depressed, anxious or another mental health issue

AND/OR

You have a friend or family member who has/ or had a mental illness or drug addiction

AND/OR

You feel passionate about and are interested in mental health issues



The group is also keen to hear from Indigenous young people, young people from different cultural backgrounds, from rural and remote areas, who identify as GLBTQIA+, or who have been homeless.

For more information please contact **Liesl** via email: liesl.homes@health.nsw.gov.au, or phone: 9366 8800

APPLICATIONS CLOSE 9am Monday 15th February 2021