

want your voice heard on issues affecting young people?

Are you...

- Aged between 16 and 25?
- Wanting your voice to be heard on issues affecting young people, including mental health, alcohol and other drugs, and life stress?
- Living, working, studying, or have connections to the Whitehorse, Manningham or Boroondara area?



**headspace Box Hill
Youth Reference Group
volunteer
applications now
open!**

Position Description

Position Title: Youth Reference Group (YRG) Volunteer

Please note:

- This is a volunteer position.
- Parental (or Guardian consent will be needed for young people aged under 18.

Location: headspace Box Hill, Level 1, 19-23 Prospect Street, Box Hill, 3128.

Commitment: Attendance at one in-person 2hr meeting and 1hr online meeting per month, contribution and attendance at headspace Box Hill events and activities.

Works with: Community Engagement Practitioner, other YRG volunteers.

Please direct any questions to Sophie Hunt, Community Engagement Practitioner via sophie.hunt@mindaustralia.org.au or (03) (03) 9810 9310

Job Purpose: Have your say about important issues relating to young people in your community while developing valuable professional experience in youth mental health.

What is the Youth Reference Group?

Young people are at the heart of all that we do at headspace. We know they are experts in their own lives, and through youth participation, we engage young people to develop solutions for the issues most affecting them. The Youth Reference Group informs the work of headspace Box Hill, ensuring the service is suitable for and engages directly with young people in the local community.

The Youth Reference Group consists of young people, aged between 16 and 25 years old, who value youth mental health and wellbeing, who live, work, or play in either Whitehorse, Manningham, Boroondara or Maroondah catchments. We welcome those with lived experience of mental health, alcohol and drugs, insecure housing, those who identify as Aboriginal and/or Torres Strait Islander, LGBTQIA+, and from culturally and linguistically diverse backgrounds.

What are some of the different roles YRG members take part in?

- Production of a project in an area of their interest relating to youth.
- Development of community awareness activities, events, and fundraising opportunities.
- Input on social media promotion.
- Creation and evaluation with the development of resources and the headspace service.
- Leadership at public events, school presentations, and participating in interviews.

Position Description

Roles & Responsibilities

- Contribute to the planning, design and delivery of projects, programs, and events relating to youth mental health and wellbeing.
- Participate in fortnightly meetings throughout the year.
- Attend and participate in youth-focused events including presentations, stalls, and outreach activities.
- Utilise skills and expertise from school, university, TAFE, personal experience, in undertaking youth mental health focused projects.

What are the qualities and/or requirements of a YRG member?

- Looking to volunteer their time to benefit the community and their peers.
- Aged between 16-25 with ties to Whitehorse, Manningham, Boroondara or Maroondah area.
- Have or are willing to obtain a Working with Children Check (Volunteer)
- Interested in topics relating to youth, such as mental health, alcohol and drugs, or life stress.
- Motivation, willingness, and commitment to participate in fortnightly meetings across the year.
- Availability to attend and co-facilitate youth-focused events (may be on weekends or during business hours).
- Participation in group discussions that occur between meetings via WhatsApp and email.
- Ability to balance health, mental wellbeing, and other responsibilities, like work and study, alongside the demands of the YRG position.

Why volunteer at headspace Box Hill?

- Represent and have your say about important issues relating to youth.
- Work with likeminded young people and professionals with a shared commitment to improving youth mental health and wellbeing.
- Develop skills, such as working in a group on a community project, and taking the lead on topics of personal interest.
- Learn more about mental health, alcohol and drugs, and other youth-related topics.
- Consult on service delivery, improvements on documents and processes.
- Obtain valuable experience and references for future employment opportunities.
- Obtain skills in chairing, minute-taking, and leadership.
- Create collateral and activities that are used in the centre.