



Youth Ambassador Program

2023



headspace Canberra

headspace Canberra supports young people aged 12-25.

We offer 6 free mental health counselling sessions to young people and their families. We also support young people with alcohol and drug use, and employment and education goals.

Plus, we have a free doctor who can help with physical and sexual health. We are known as a Queer friendly service and have been running for 17 years.

YAP

The Youth Ambassador Program (YAP) is made up of volunteers aged 18-25 who care about mental health in our community.

The program trains its members to deliver creative, engaging, accessible and evidence based mental health workshops to young people in the community. We go to places like schools, youth groups and sports teams.

It is an intensive program that invests heavily in the skills, knowledge and professionalism of young people.



Details

Who	Volunteers aged 18-25 who care about youth mental health
Where	headspace Canberra, Braddon
Payment	The program is volunteer, but we pay \$35 an hour when you run a workshop
Duration	Maximum 3 years membership
Meetings	First Thursday of the month 5:15pm - 6:15pm
Start date	Mid - late 2023



What will I learn?	Literally so much! You'll receive formal Mental Health First Aid and MieAct Safe Story Telling training. You'll also learn skills like workshop facilitation, risk management, and youth engagement.
Priority groups	Any young person is welcome to apply, however we are particularly keen to have representation from the following groups: <ul style="list-style-type: none">• First Nations young people.• BPoC (Black and/or other People of Colour)• Young men and NB masculine people.• LGBTQIA+ young people.• Young people who have had unstable housing.• Young people who have had a challenging relationship with alcohol and drugs.

How to apply?

YAP is on hold until mid to late 2023, but you can apply now for consideration. Scan the QR code or follow the link below!



Link: <https://forms.office.com/r/8aVCfsFpvK>

Questions?

Email our Community Engagement Officer at Iricardi@gph.org.au

What's the process?

YAP is on hold until mid to late 2023, however when you apply we will keep your application on file.

We recruit in November. If your application is successful we will offer you a 30min interview. It's a chance for us to get to know each other and for you to ask us heaps of questions.

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