



headspace
Canberra

Youth Ambassador Program

**become a mental health workshop
facilitator!**





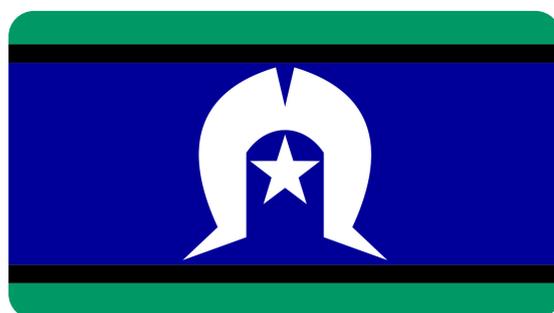
The YAP meets and works on Ngunnawal land.

We recognise the Ngunnawal people as the custodians of the land, air and waters and pay respects to Elders past and present.

This land was never ceded and no treaty has ever been signed.

headspace Canberra also recognises that Aboriginal and Torres Strait Islander peoples have been systematically excluded from mental health services.

To address this, it is our responsibility to Decolonise our service and build genuine relationships with local First Nations Communities.



YAP intro

The Youth Ambassador Program trains people aged 18-25 to deliver mental health workshops to young people in the community.

The Youth Ambassadors:

- **communicate a few times a week over Facebook and meets monthly.**
- **develop and review workshops.**
- **deliver workshops to youth groups, youth homelessness refuges, youth justice centres, schools and youth alcohol and drug rehabs.**
- **help develop mental health resources.**
- **deliver workshops to other organisations to promote headspace.**
- **work closely with the Community Engagement Worker.**
- **access training and professional development**



who can apply?



people who:

- are aged 18-25
- live in or around Canberra
- have experienced mental illness or supported someone who has.

we are keen to hear from people who:



are Aboriginal and/or Torres Strait Islander.



are from diverse cultural or language backgrounds.



are LGBTQIA+



have had a hard time with alcohol or drug use in the past.



have had unstable housing.



are Young men and NB masculine.



what will I learn?

heaps of stuff! here are just some of it!

- **access training, development and networking opportunities that you can add to your resume.**
- **meet and work with other young people who are also passionate about youth mental health.**
- **develop skills like workshop development and delivery, team work and critical reflection.**
- **make a difference to youth mental health in your community.**





what's the time commitment?

- **we stay in touch frequently and meet monthly.**
- **we have a full day orientation and two half day trainings early in the year.**
- **Youth Ambassadors do a minimum of two workshops a year.**
- **when you put your hand up for a workshop you will need to review and practice it.**

what are the costs involved?

- **this is a volunteer role but we will pay you \$35 an hour when you run a workshop.**

who will I be working with?

- **an awesome team of 10-15 young people and the community engagement worker.**

what if I don't have experience?

- **that's ok! we can support you to learn!**

how do I apply?

**we recruit in October but you can apply any time,
just Scan here:**



or follow this link:

<https://forms.office.com/r/PXdv4hTmWE>

**You can also
email our
Community
Engagement
Worker at
ftaylor@gph.
org.au with any
questions!**

