



**headspace**  
Canberra

# Youth Ambassador Program

**become a mental health workshop  
facilitator!**





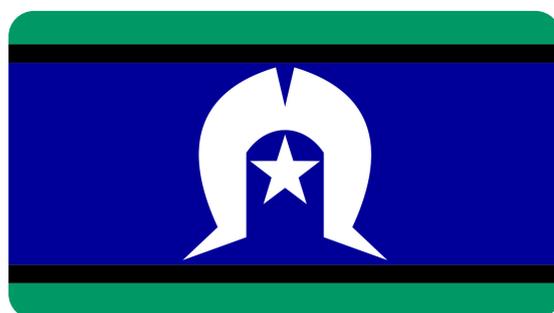
## **The YAP meets and works on Ngunnawal land.**

**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.**

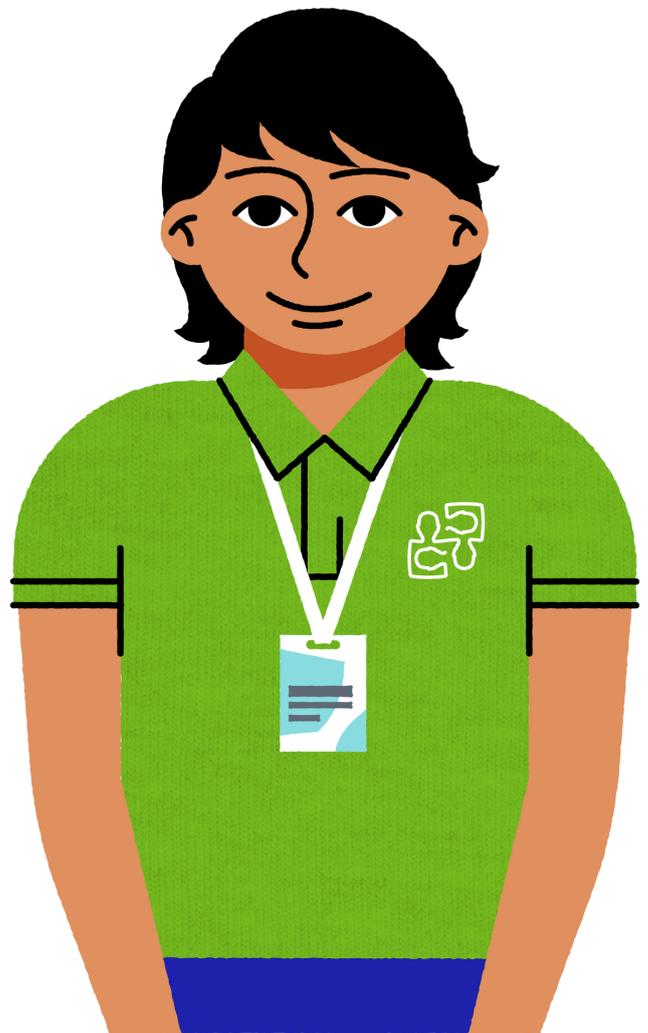


# YAP intro

**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.



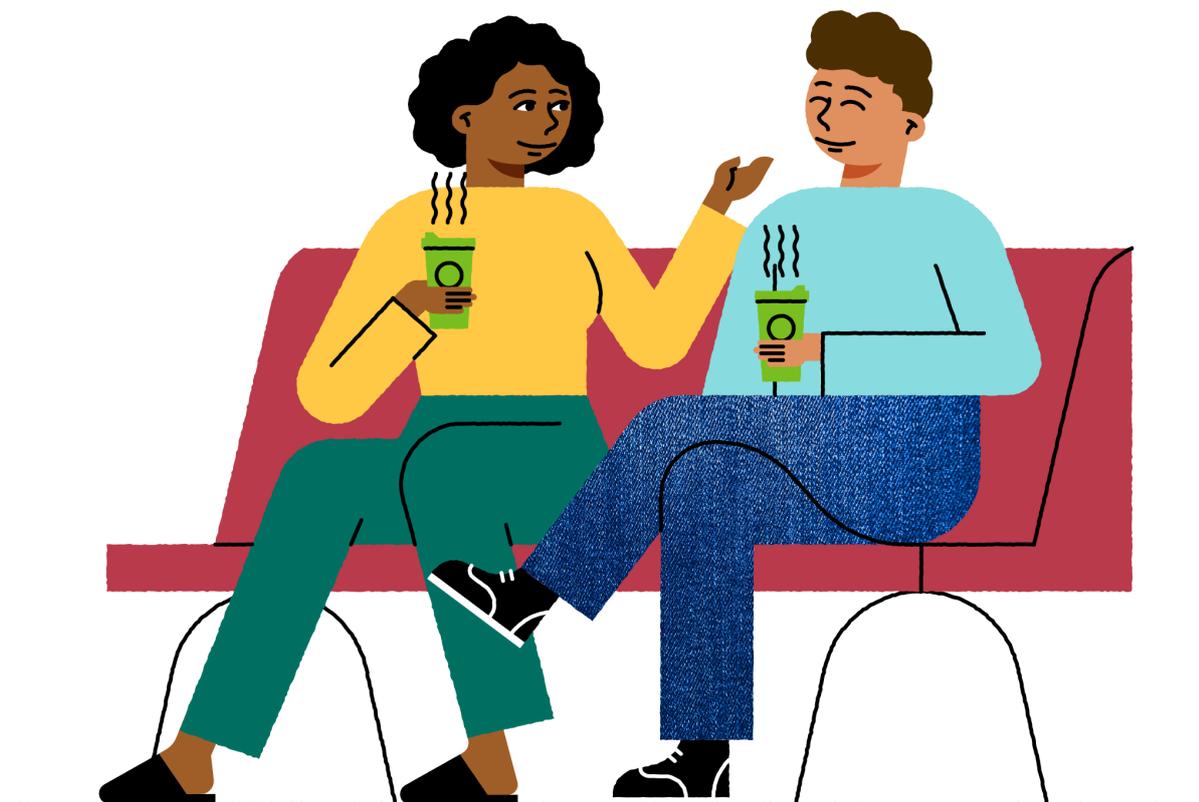
are Young men and NB masculine.



# 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!**

