



headspace
Canberra

Youth Reference Group

**Become a youth mental health
advocate!**





The YRC 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.



YRG Intro

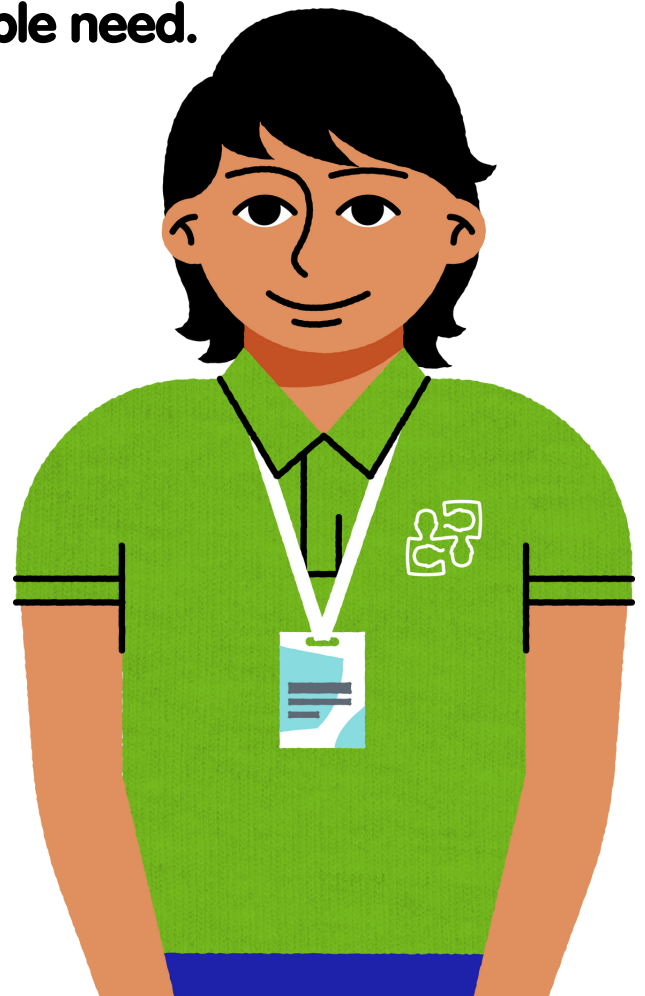
The YRG is a group of volunteers aged 16-25 who care about youth mental health. Young people are part of the YRG for **one year** then they pass the baton on to the next group! The YRG does **two things**:

1. YRG as youth advocates

headspace Canberra is a service for young people. Because of this, youth perspectives and participation are really important; enter the YRG!

The YRG makes important decisions at hsC, helps with our strategic direction and consults with headspace Canberra on what young people need.

For example, the YRG might **guide changes** made to our services, office, resources or website, help decide how we spend **donations** and **interview** potential staff.



2. YRG as community engagement

The YRG helps link headspace to the community, and vice versa!
They do this by:

- Meeting other organisations to give a youth perspective. This is called a Focus Group.
- Running our social media.
- Running headspace Day - our major annual event!
- Running stalls at community events and festivals.
- Attending an annual camp with other headspace YRGs.

The YRG also...

- Has it's own goals and projects that we support.
- Stays in touch via Facebook messenger.
- Has meetings every **three weeks.**
- Gets Mental Health First Aid and leadership training.

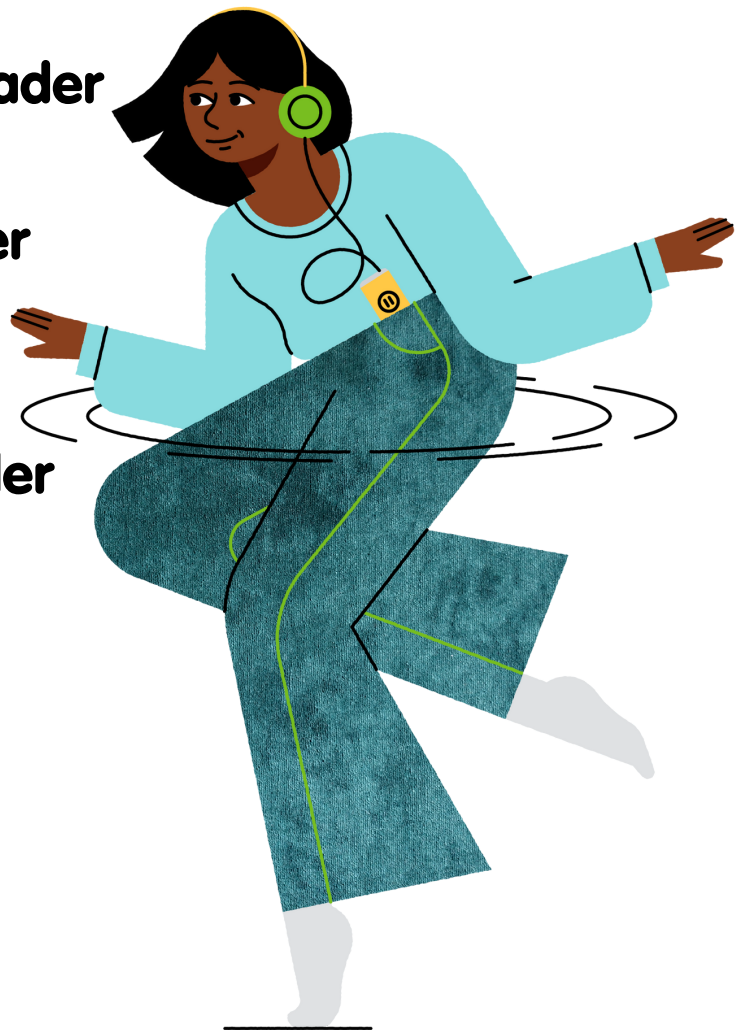


Leadership roles

Each YRG member also chooses a leadership role for the year!

Check out some of the options:

- In House team leader
- Outreach team leader
- Professional Development Team Leader
- Social media team leader
- Events Team Leader
- Disability Team Leader
- BIPOC Team Leader
- Queer Team Leader
- Wellbeing Team Leader
- Youth Ambassador Program Liaison
- Forum Liaison
- Photographers



who can apply?



people who:

- are aged 16-25
- 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 around community engagement, resource development, social media, photography 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 every 3 weeks.
- we have a full day orientation and one half day training early in the year.
- we have events and outreach throughout the year.

what are the costs involved?

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

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?

Scan here!



or follow this link:

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

**Questions?
Email our
Community
Engagement
Worker at
ftaylor@gph.
org.au**

