



Youth Reference Group



What does the YRG do?

1. Consultation

headspace Canberra is a mental health service for young people!

Because of this, youth perspectives and participation are really important. We have monthly meetings with the YRG where they give us advice and guidance on how we run our service.

For example, last year YRG did review of our website, our physical site and how we do employment and education support. They also sat in on every interview we ran to hire staff and redid our intake forms.

2. Community engagement

The YRG also does heaps of community engagement, including:

- Running stalls at festivals, community events, youth groups and schools to promote mental health
- Organising youth events
- Creating social media campaigns
- Developing resources
- Attending camp with other headspace YRGs from our region!



Details

Who Volunteers aged 16-25 who care about youth mental health

Where headspace Canberra, Braddon

Duration 1 year min - 3 years max

Meetings Third Tuesday of the month
5:15pm - 6:15pm

Start date January each year



Time commitment

- Attending online meetings on the 3rd Tuesday of the month, 5:15pm - 6:15pm.
- Taking part in a day long orientation in late January.
- Over the year the group does outreach like setting up stalls at schools, community groups and festivals, develops one resource, creates a social media campaign and runs an event.

The YRG decides on these projects as a group then individual members or small teams take them on. This can always be balanced with mental health, work/study schedules and other commitments.

Priority groups

Any young person is welcome to apply, however we are super keen to have representation from the following groups:

- First Nations young people
- BPoC (Black and/or other People of Colour)
- Young men
- LGBTQIA+ young people
- Young people who have had unstable housing
- Young people who have had a hard time with alcohol and drug use.

How to apply?

Applications are open all year, however we only recruit in November. Scan the QR code or follow the link to apply!



<https://forms.office.com/r/2ZvPt2Peaf>

Questions?

Email reception at
hcinfo@gph.org.au

