

Youth Reference Group

2023 - 2024



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. During our meetings we consult with YRG around important service issues and ideas. The YRG gives their perspectives and helps make our work affirming for young people.

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, created new resources 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.
- Managing our social media.
- Meeting with other organisations to provide youth perspectives.
- 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 11 months

Meetings Third Tuesday of the month
5:15pm - 6:45pm

Start date January 2024



What will I learn? Literally so much! You'll receive formal Mental Health First Aid and skills like community engagement, mental health advocacy, event management and teamwork.

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 and NB masculine people.
- 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?

Scan the QR code or follow the link below!



Link: <https://forms.office.com/r/LS52L0gV9c>

Questions?

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

What's the process?

Applications are open all year, however we only recruit in November.

If in November 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 all your questions!

