



Applications are now open for the:

## headspace Capalaba Youth Reference Group

Are you aged between 16 and 25 and live in the Redlands area or the bayside/eastern suburbs of Brisbane? Do you have something to say about health, mental health and drug and alcohol issues?

### What is the headspace Capalaba Youth Reference Group?

headspace Capalaba is providing young people with the opportunity to be heard and be active around youth mental health and alcohol and other drug issues.

There are a number of roles you can play as a member of a **headspace youth reference group**. You can get involved in;

- Research and evaluation of **headspace** services
- Consultation around resource development such as, factsheets, brochures, radio ads etc
- Peer support and mentoring
- Leading a project in your local area
- Website consultation and development

### By getting involved you will:

- Have the opportunity to have your say and influence youth mental health services in your area
- Develop new skills
- Meet and work with other young people who are passionate about youth mental health
- Make a difference to youth mental health

headspace Capalaba will provide support you enable you to participate in the above groups or activities

### How do I get involved?

Complete the application form and email it to [shalane.anderson@fsg.org.au](mailto:shalane.anderson@fsg.org.au) or drop in and see us at the centre at 1/29- 37 Moreton Bay Road.

### Who can apply?

We are looking for anyone aged between 16 and 25 who wants to be involved with their local **headspace** centre. We are looking for about 12 local young people to join the group.

We want you to apply if:

**you have had your own experiences of feeling depressed, anxious or another mental health issue**

**you have a friend or family member who has/or had a mental illness or drug addiction,**

**you feel passionate about and are interested in mental health issues,**

We would like to ensure that this group reflects the diversity of our community. Indigenous young people, young people from different cultural backgrounds, people who have experienced life in a rural or remote area, gay, lesbian, bisexual and transgender young people and young people who have experience homelessness are encouraged to apply.

# Headspace Capalaba reference group application form

## Personal Details

Name	<input type="text"/>
Phone	<input type="text"/>
Email	<input type="text"/>
Address	<input type="text"/> <input type="text"/>
Date of Birth	<input type="text"/>
Sex	<input type="text"/>

What languages do you speak at home?

Where were you born?

Are you Aboriginal or Torres Strait Islander?

Are you from a rural or remote area?

Do you have a family member with a mental illness?

Do you identify as having/had a mental illness?

Is this something that you would be happy (and feel comfortable) talking about?

## About You

**Please tell us a bit about yourself?**

*(For example: I am 15 years old, and attend alternative education centre 3 days a week, I like skate-boarding etc)*

**Please describe why you are interested in becoming a Youth Reference Group member?**

**What skills and ideas could you bring to the Youth Reference Group?**

**Are you involved in any other organisations? If yes, which ones and what is your involvement?**