**Position Description**

**Family and Carer Representative**

1. **POSITION SUMMARY**

Participation from family members and carers is vital for ensuring that mental health services are effective, responsive, and meet the needs of young people and their support networks. Our Family and Carer Representatives play a crucial role in contributing to the ongoing development and quality improvement of **headspace** Castle Hill & Parramatta services.

We are seeking 2-3 representatives to share their insights and advocate for families and carers in the local community. By providing feedback and guidance, representatives help shape strategies, services, and campaigns to better support the families of young people accessing **headspace** services.

1. **KEY RESPONSIBILITIES OF THE GROUP**

The Family and Carer Representatives will consult with **headspace** on a variety of topics and issues and will be involved in a number of projects. This will be achieved by:

* Providing input and feedback on quality improvement and strategic planning initiatives.
* Sharing perspectives on the needs of families and carers in the local community.
* Supporting the development of community awareness campaigns and projects.
* Participating in discussions via email or teleconferences as needed.
* Collaborating with other passionate individuals to enhance youth mental health services.
* Representing family and carer needs in key meetings (e.g., leadership, consortium/partnership meetings).
* Participating in training and development opportunities.

1. **CRITERIA**

* Have a relationship (family member or carer) with a young person who you have support on their mental health journey
* Demonstrate a passion for youth mental health and the role of families in recovery.
* Have strong teamwork and communication skills.
* Be motivated and committed to contributing to **headspace’s** mission.
* Have the ability to balance personal responsibilities with this voluntary role.
* Be willing to openly discuss youth mental health issues and share insights.
* Have access to email, telephone, and the internet.

1. **BENEFITS**

In exchange for your voluntary contribution of time, **headspace** will provide the following opportunities:

* Training and professional development opportunities.
* Networking within the youth mental health sector.
* Professional referees from **headspace.**
* Opportunities to attend conferences and other events.
* The chance to meet other like-minded and passionate family members and carers of young people with mental health issues

**Anyone who is a family member or carer supporting a young people on their mental health journey can apply!**

For more information, please contact [serena.nian@flourishaustralia.org.au](mailto:serena.nian@flourishaustralia.org.au)