headspace Collingwood

YSAS YOUTH SUPPORT + ADVOCACY SERVICE

use your voice to shape our services

Youth Advisory Committe

what's the Youth Advisory Comittee?

The headspace Collingwood Youth Advisory Committee (YAC) is a group of young people aged 16-25 who work together to create change, represent youth voice in the service and provide a young person's perspective on service delivery, policy, procedure and advocacy.

by getting involved you will:

- Have the opportunity to have your say and direct services at headspace Collingwood
- Develop new skills
- Learn about mental health and community services sector
- Meet and work with other young people who are passionate about youth mental health
- Get training (with certificates) and experience - such as Privacy, Public Speaking and Safeguarding young people
- Support groups

what's the commitment?

The YAC is a closed group of up to 15 participants.

YAC meetings take place fornightly for 1.5 hours. Voluntary extra involvement is up to participants and it includes: supporting school presentations, attending stalls, conferences, etc. A term in the YAC runs from February to December.

A volunteer Working With Children's Check is required.

we want you to apply if

You have had your own experience of mental ill health OR

You have a friend or family member who experiences mental ill health OR

You feel passionate about youth mental health OR

You have used headspace or other mental health support services.

what sort of things will I do?

- Lead a passion project in our local area.
 Past projects have included: headspace Community Cup, Trivia Nights and the Mosh4MentalHealth.
- Research evaluation of headspace services.
- Advocacy - how can we make the space more youth friendly, what sorts of things should go on our socials, etc.
- Chairing a fortnightly meeting, taking minutes.
- Consultation around resource development such as factsheets, brochures, policy etc.
- Speaking to media, participating in filming or videos, creating content for social media.
- Gaining experience in using your lived/living expertise to affect change.

interested?

You can apply through our website! Go to the YAC tab and fill out the form or scan this QR code to fill out the form:

Or you can contact Lucia at lherrera@ysas.org.au

headspace Collingwood aims to be a respectful, welcoming and inclusive space for all young people and families who utilise our services.

Aboriginal and Torres Strait Islander, young people of colour, those with a disability and LGBTQIA+ young people are strongly encouraged to apply

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Find us on socials:
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