



headspace Cowra

youth reference group application package

what is headspace and the yrg?

We are a free youth friendly service for anyone aged between 12 and 25 years. We help young people having a tough time, or those who would just like to work on improving their health and well-being.

Our Youth Reference Group, or YRG, gives young people the opportunity to be heard, offer input and feedback on our services and advocate for young people experiencing difficulties with their mental health.

who are we looking for?

We are looking for young people aged between 12 - 25 who are interested in advocating for youth mental health and wellbeing in your local area.

We would love to hear from you if:

- You have lived experience with mental ill health or mental health variation (this could be your personal experience, work experience or experience of someone you know or care for)
- You are passionate about promoting youth mental health and wellbeing
- You have the ability to think about the big picture
- You have the ability to work in a team and participate in group discussions, as well as work independently
- You are motivated and willing to participate on an ongoing basis
- You have good communication skills and the ability to balance your personal needs and the commitment to the group.

We would like to hear from a diverse range of young people including:

- Aboriginal and Torres Strait Islander young people
- Young people from different cultural and language backgrounds
- Young parents
- Young people from rural and remote areas
- Young people of diverse sexualities and genders
- Young people who have experienced homelessness



why join the yrg?

Youth Reference Group members do vital work to keep our service running, including:

- Providing feedback on headspace Orange services and programs
- Offering insight around how young people experience and navigate support services, including headspace Orange
- Suggesting, and helping to implement, programs and events
- Giving feedback about local youth and health services.

Joining the YRG group will give you the opportunity to:

- Have your say on headspace Orange's services and programs
- Meet other young people who are passionate about youth mental health and wellbeing
- Develop a range of skills including working in groups and representing the needs of your peers
- Receive training in mental health, alcohol and other drugs, media and other areas specific to your interests.

what is involved?

Youth Reference Group members do vital work to keep our service relevant to young people. Member responsibilities include:

- Participating in fortnightly meetings on a regular basis
- Undertaking training about headspace, mental health, mental illness and talking to the media
- Participating in teleconferences, email and Facebook discussions
- Leading and supporting local headspace activities
- Completing a wellness plan with a headspace clinician and actively looking after all aspects of your health

Some members may choose to:

- Become community advocates for youth mental health which will raise awareness of youth mental health, encourage young people to seek help early and to educate the broader community about mental health and wellbeing
- Be involved in community education activities
- Become a media spokesperson to advocate for youth mental health and wellbeing
- Speak at public functions, local schools, mental health forums or conferences.



how do I apply?

To apply complete the attached application form and return to headspace Cowra, 118a Kendal Street Cowra NSW 2794. You can also email the application to hs.cowra@marathonhealth.com.au (*please ensure you receive an automated acknowledgement*)

If you are under the age of 16 years you will need parental or guardian consent to join the group.

When we receive your application our Community Engagement Coordinator, Patrick, will contact you to arrange an interview.

If you have any questions about the process please call Jessie on 02 6941 9022.

what's in it for you?

By joining the Youth Reference Group you will be given opportunities in both personal development and training.

This is your chance to:

- Build connections with other young people and have a positive impact on your community
- Advocate on behalf of your peers and community
- Get some experience in marketing and promotion
- Participate in training opportunities
- Gain a huge amount of experience to add to your resume!

You will be given opportunities to develop your skills in the following areas:

- Mental health
- Alcohol and other drugs
- Leadership and communication
- Project management
- Talking to the media
- Speaking in public
- Any other areas you are specifically interested in.

time commitment?

The appointment of headspace Cowra YRG members is for a 12 month period. There will be fortnightly meetings organised at a time that best suits members.

youth reference group application form

personal details

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

emergency contact

Name	<input type="text"/>
Phone	<input type="text"/>
Relationship	<input type="text"/>
Other info	<input type="text"/>



about you

Please tell us a bit about yourself, what are your interests?

Why you are interested in becoming a Youth Reference Group member and what would you like to get out of this experience?

What type of headspace activities would you like to be involved in?

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

Do you currently study, work or have any other extracurricular commitments?

Is there anything else you would like to share with us?

Are you Aboriginal or Torres Strait Islander?

Yes No

Do you identify as LGBTQIA+?

Yes No

Do you have a family member with a mental illness?

Yes No

Do you identify as having/had a mental illness?

Yes No

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

Yes No

Are you currently working or studying?

Yes No

Can you give further details on your work or study?

