



YAG Frequently Asked Questions

1. What is the Youth Reference Group (YAG)?

The YAG is made up of 10-15 young people aged 16 to 25 who are passionate about youth mental health and well-being.

The YAG hopes to:

1. Provide you with the opportunity to have input into the quality and direction of **headspace** services.
2. Provide a means for the voice of young people to be heard, validated and acted upon.
3. Provide opportunities for skill and leadership development and provide experience in; public speaking, event and project management, media, marketing, and advocacy skills
4. Support members to lead local projects
5. Enable young people to direct youth mental health policy development
6. Demonstrate best practice by involving young people in informing and directing local youth health services

2. What is involved in the role?

Young people who are members of the **headspace** youth advisory group will have the opportunity to be involved in a range of different projects and initiatives including:

1. Leading local community projects such as movie nights and festivals.
2. Speaking with the media about youth mental health and local services
3. Marketing, promotion and community awareness activities such as running stalls at schools and in the community.
4. Involvement in youth mental health related focus groups and consultations with research staff.
5. Evaluation and research
6. Policy and advocacy

By providing a range of activities and opportunities it is hoped that this will enable young people from a diverse range of backgrounds and with differing skills sets to be involved.

3. What's the time commitment?

The appointment of YAG Members is for 12 months. Monthly meetings will be organised at a time that suits the majority of members.

In between meetings and events, contact will be maintained through online communication platforms, email and phone.

There will be an expectation that you participate regularly in these discussions. It will also be expected that you take part in focus groups and project work related to your areas of interest.

This is a volunteer role, it is expected that you will also volunteer your time for subcommittees, projects and other events.

4. Can you tell me more about the activities that I can be involved in?

headspace Local Projects

What is it? With support from the **headspace** centre staff, members of the YAG will have the opportunity to lead specific projects. These projects may include, production of a **headspace** video, planning a fundraising event, a youth week activity, an art competition....**the possibilities are endless.**

INVOLVEMENT IN FOCUS GROUPS AND CONSULTATIONS

What is it? From time to time focus groups are held around specific topics to help improve and evaluate **headspace** services. The purpose of these groups is to ensure that the interests and opinions of young people are represented in all aspects of **headspace's** activity and that services and resources remain youth friendly and youth specific.

When do they meet? These groups are called as needed. Young people on the YAG will be notified and asked for expressions of interest through email, at face to face meetings or Facebook. It is expected that the group members would be involved in these throughout the year as they occur.

EVALUATION, RESEARCH AND POLICY ADVOCACY

What is it? Young people on the YAG will have the opportunity to be involved in evaluation. Topics for evaluation will depend on the need at the time.

When do they meet? A subcommittee or working group will be established to work in these areas. Young People on the YAG will be notified and asked for expressions of interest through email.

MEDIA SPOKESPEOPLE AND COMMUNITY ENGAGEMENT

What is it? Young people are supported to become active community advocates for youth mental health. The Youth Advisory Groups goal is to raise awareness of youth mental health, encourage young people to seek help early and to educate the broader community about the importance of seeking support early and talking openly about mental health. Young people may be involved in community education activities, or as media spokespeople for issues relating to youth mental health. Media spokespeople may be requested to speak at public functions or at local schools, mental health forums and community events.

What are the requirements? Young people do not need to have previous experience at talking in public or to the media. The YAG will be supported and trained to become comfortable talking to the media and speaking at events.

5. What kind of support and training will I receive?

Training will be given in a variety of areas; these may include:

- Leadership & communication
- Project management
- mental health
- mental illness
- drug and alcohol issues
- talking to the media
- Public speaking
- Self-care