

headspace Elsternwick Youth Advisory Committee (YAC)

Applications are now open!

what is the YAC?

The headspace Elsternwick Youth Advisory Committee (YAC) provides young people with the opportunity to have a voice at headspace Elsternwick and to feel empowered to take positive action that will improve mental health and wellbeing for local young people.

If you're aged 18 to 25, are passionate about mental health and issues impacting young people, and want to join an amazing team of like-minded advocates, apply today!

what's involved?

- Be an active advocate for youth mental health in your local community.
- Plan, support and lead diverse and exciting headspace activities, events and projects.
- Provide input and feedback on headspace services, processes and initiatives.
- Engage in a range of mental health training and professional development opportunities & *much more!*

we're looking for volunteers who:

- Are 18-25 years.
- Live in or around Elsternwick area.
- Have an interest and passion in local youth issues such as youth health, mental health, LGBTIQ+, homelessness and/or alcohol and other drug issues (this could also include a personal lived experience or supporting a family member/friend).
- Can participate in fortnightly YAC meetings which will be held in person at the centre, for two hours on a Thursday.
- Have capacity for minimum 2 hours a week commitment.

how do I apply?

To apply, fill out the application form by scanning the QR code or clicking [here](#). Applications are open until Friday 24th March 2023.

If you have questions, please contact Imogen at headspaceelsternwick@alfred.org.au or call (03) 9076 7500.

