



ROLE DESCRIPTION

headspace Goulburn Youth Reference Group Member

Member Qualities

As a group, the Youth Reference Group aims to include:

- A mix of ages and genders
- Young people from Aboriginal and Torres Strait Islander backgrounds
- Young people from different cultural and language backgrounds
- Young people with a broad range of life experiences, including young people with lived experiences of mental health issues and/or mental illness, young parents, young people from rural and remote areas, young people of diverse sexualities and genders, and young people who have been homeless.

All members must be aged between 15 and 25 years at the age of application.

As an individual, Youth Reference Group members have:

- An interest and passion in mental health and health issues for young people
- The ability to think about the big picture
- The ability to work in a team and participate in group discussions as well as working independently
- Motivation, willingness and commitment to participate on an ongoing basis
- Something to say about mental health and wellbeing, and other issues relevant to young people. These may include physical health, sexual health, alcohol and other drug issues, or education and employment.
- Good communication skills
- The ability to balance their health (including mental health) and other responsibilities (like school/work/study/family) with the demands of the Youth Reference Group position
- Easy and regular access to the internet and phone.

Responsibilities:

- Participate in regular meetings on a Thursday afternoon (3.30pm-5pm) at **headspace** Goulburn.
- Be open and willing to participate in Facebook and email discussions and phone contact with **headspace** staff
- Be prepared to undertake some training about **headspace**, mental health, mental illness, talking to the media and other associated topics
- Support local **headspace** centre activities
- Advocate for youth mental health and wellbeing, raise awareness in the local community, encourage young people to seek help early and educate the broader community about youth mental health.
- Complete a wellness plan and actively look after all aspects of your health

Opportunities include (but are not limited to):

- Participating in community education and health promotion activities
- Coordinating projects, events and activities to engage young people and specific communities (e.g. CALD, Aboriginal, LGBTIQ, young men, etc)
- Speaking to the media on the issue of youth mental health and well-being
- Speaking at public functions, schools, mental health forums, conferences
- Participating in staff recruitment and interview panels
- Sharing your lived experiences of mental health and help seeking.

Time Commitment

In between face to face meetings and events, contact will be maintained through email, Facebook and teleconferences. It is expected that you maintain regular (at least once per fortnight) contact with the group.

Benefits

- Meet other young people passionate about youth mental health and well-being
- Receive training in mental health and other relevant areas
- Develop a range of skills and experiences including working in groups, and representing the needs of your peers.

Training and Mentoring

Training and mentoring will be given in the areas identified by the YRG members. These may include the following and other topics, as identified by the YRG members and according to need.

- What is **headspace**
- Mental health (including Youth Mental Health First Aid)
- Media liaison
- Public speaking
- Events management
- Recruitment

Reimbursements

headspace will cover the following costs:

- Catering will be provided for meetings and group events.
- YRG participation is on a voluntary basis, unless otherwise identified by **headspace** staff
- Speaking at events and participating in recruitment and interview panels will be reimbursed at \$21 per hour, with a minimum of two hours.
- Other activities that will be reimbursed may arise in the course of YRG activities. These will be clearly identified by **headspace** staff.

Consent and permission

Parent (or guardian) consent will be needed for young people under 18 years of age

Questions

If you have any further questions about your application or participating in the Youth Reference Group, contact:

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