

## Youth Reference Group Recruiting now!

The Youth Reference Group consists of young people, aged between 16-25 years old, who value youth mental health and wellbeing, and are living in either Banyule, Darebin, Nillumbik or Whittlesea catchments. We welcome those with lived experience of mental health, alcohol and drugs, insecure housing, those who identify as Aboriginal and/or Torres Strait Islander, LGBTQI+, and from culturally and linguistically diverse backgrounds.

The Youth Reference Group work alongside headspace staff in providing input on youth issues, feedback on the service, involvement in community-based events and activities promoting youth mental health.

There are a number of different roles you can take part in, including:

- Developing a project in an area of your interest relating to youth
- Having input on website and social media promotion
- Evaluating headspace services and resource development
- Presenting at public events, schools, and contributing in interviews

### What are the qualities of a YRG member?

- Aged between 16-25 with ties to the Banyule, Darebin, Nillumbik or Whittlesea area
- Interested in issues relating to youth, such as mental health or alcohol and drugs.
- Looking to volunteer their time to benefit the community and their peers
- Motivation, willingness and commitment to participate in monthly meetings across the year (occurring on the last Thursday each month)
- Availability during business hours to attend and co-facilitate youth-focused events
- Participation in group Facebook discussions that occur between meetings
- The ability to balance health, mental wellbeing and other responsibilities, like work and study, alongside the demands of the YRG position
- A Working with Children Check

### What are the benefits to being a YRG member?

- Having your say about important issues relating to youth
- Meeting other young people who are invested in youth mental health and wellbeing
- Developing skills, such as working in a group on a community project, and taking lead on topics of personal interest
- Learning more about mental health, alcohol and drugs and other youth related topics
- Shaping and participating in community awareness and engagement events
- Consulting on service delivery, improvements on documents and processes
- Obtaining references for future employment opportunities

Click [here](#) to apply to be a part of the Youth Reference Group - headspace Greensborough & Plenty Valley.