headspace Hawthorn & headspace Malvern Youth Advisory Group Position Description

Are you aged between 16-24? Are you passionate about youth mental health and wellbeing? Do you want to get involved in your local community? **Apply to join the headspace Hawthorn & headspace Malvern Youth Advisory Group!**

Position	Youth Advisory Group Member
Classification	Volunteer
Reports to	Senior Community Engagement Worker
Hours	Meetings on the first Monday of every month from 5:30pm-7:30pm Regular events, workshops and activities Hours vary depending on availability (at least 4 hours per month)
Location	Monthly meetings will alternate between two locations: headspace Hawthorn, Level 1 360 Burwood Road, Hawthorn VIC 3122 headspace Malvern, 1257 High Street, Malvern VIC 3144 Events, workshops and activities: Held in locations such as schools and universities in the Eastern region of Melbourne. Mostly in the City of Boroondara and Stonnington

Organisation Overview:

headspace is the National Youth Mental Health Foundation, providing early intervention mental health services to young people aged 12-25. headspace is funded by the Australian Government Department of Health. There are over 160 centres across Australia. headspace can help young people with mental health, physical health (including sexual health), alcohol and other drugs, work and study and more. You can read about headspace at headspace.org.au/

Every headspace centre in Australia has a lead agency. Access Health and Community (AccessHC) is the lead agency for headspace Hawthorn and headspace Malvern. This means **headspace Hawthorn & headspace Malvern** are operated by and are part of AccessHC. AccessHC is a community health service with various locations across the Inner and Outer East of Melbourne.

The **headspace Hawthorn & headspace Malvern** Youth Advisory Group (YAG) provides those aged 16 to 24 with the opportunity to have their voice heard and take positive action to improve mental health and wellbeing outcomes for young people in the community. The YAG is joint for both centres. This means you will represent both **headspace Hawthorn & headspace Malvern** in community engagement activities and projects. There may be some instances where you will represent Hawthorn only, and similarly for Malvern.

About the YAG:

The YAG are young people who volunteer at headspace centres to ensure services and community engagement efforts are youth-friendly. The YAG are passionate and proactive about getting involved in their community.

The purpose of the YAG is to raise awareness and deliver education about mental health and the presence of headspace services, encourage early help seeking and provide opportunities for social connection. The YAG aims to break down the stigma around mental health and improve the way we address mental health in the community.

The Senior Community Engagement Worker and the YAG do this by having a presence in the community through local events, workshops, programs and activities, which are held in the Eastern region of Melbourne. The commitment includes attending a monthly meeting and attending at least one activity per month (or equal to) outside of the meeting.

We aim to have a YAG that is representative of the region our headspace centres service. YAG members shall be a mix of ages, genders, cultures and backgrounds, and have diverse life experiences.

What are the requirements?

- Applicants must be between 16 and 24 years of age
- Live, work or study in Boroondara, Stonnington and nearby areas
- Applicants must not be a current headspace Hawthorn or headspace Malvern client, but can be a past client
- A personal experience of mental health or alcohol and other drugs is welcomed but not essential
- Flexibility to be available during school and business hours (at least 4 hours per month)
- Be open to trying new things and contributing to projects, events and activities
- Able to work respectfully with people from diverse backgrounds
- Willing to get a Volunteer Working with Children's Check and National Police Check
- Willing and motivated to participate in this role for at least 12 months

Should I apply?

- Do you have an interest in youth mental health and wellbeing?
- Do you want to get involved in your local community?
- Are you willing to work in a team and participate in group discussions?
- Do you have good communication skills?
- Are you willing to keep an organised balance between your health, studies, work and other responsibilities?
- Do you have regular access to the internet, Facebook and mobile phone?
- Are you willing to be creative, innovative or give things a go?

What type of people are you looking for?

We actively encourage applications from all young people, but particularly want to hear the voices of groups that are often underrepresented such as:

- Young people who have used headspace services in the past
- Aboriginal or Torres Strait Islander young people
- Young people who are culturally and linguistically diverse (CALD)
- Young people who identify as trans, gender diverse or non-binary
- Young people with a disability
- Young people who are neurodiverse
- Young men

What do I do as part of the YAG?

Key roles and responsibilities:

- Attend and actively participate in a monthly meeting with the Senior Community Engagement Worker
- Be available to attend regular community events and activities such as attending a school to celebrate Mental Health Month
- Work collaboratively and creatively with other members on co-designed projects during meetings and between meetings. Examples of previous projects include designing and delivering a 4-week social cooking program
- Participate in online discussions and stay active with updates, meetings and events.
- Assist with creating social media content and other resources
- Assist with delivering workshops at schools and universities with support from the Senior Community Engagement Worker
- Run social groups with other YAG members to connect and engage with young people
- Provide input and feedback on headspace Hawthorn & headspace Malvern's services, processes and initiatives from a youth perspective. This may involve advising on changes, Centre design, website content and more

Benefits:

- Develop a range of skills including teamwork, health education, advocacy, public speaking, health promotion, social media, project planning and event management
- Meet health professionals and young people who have an interest in youth mental health
- Experience working with community members from all walks of life
- Contribute to improvements in youth mental health services
- Receive training in mental health, suicide prevention and other associated topics
- The role is flexible with study, work and other responsibilities
- References for education or employment opportunities
- Create new friendships with passionate and like-minded young people

Other important information:

Parental or guardian consent is needed for young people under 18 years of age.

What do I do next?

If you want to apply, click here and tell us a bit about you!

Need more information or have questions?

Email Sara.Hanna@accesshc.org.au or call 9006 6500