



Applications are now open for the:

## headspace Knox Youth Action Force

Are you aged between 16 and 25 and live in Australia? Do you have something to say about health, mental health and drug and alcohol issues?

### What is the headspace Knox Local Youth Action Force?

headspace Knox is providing young people with the opportunity to be heard and be active around youth mental health and alcohol and other drug issues. There are a number of roles you can play in a **headspace Knox Youth Action Force**, including:

- Leading a project in your local area
- Website consultation and development
- Research and evaluation of **headspace Knox** services
- Consultation around resource development such as, factsheets, brochures, radio ads etc
- Peer support and mentoring
- Media Spokesperson

### By getting involved you will:

- Have the opportunity to have your say and direct youth mental health services in Australia
- Develop new skills
- Meet and work with other young people who are passionate about youth mental health
- Make a difference to youth mental health

headspace Knox will provide some training to support you to participate in the above groups or activities

### How do I get involved?

Complete the application form and email it to [Chenai.Mupotsa@headspaceknox.com.au](mailto:Chenai.Mupotsa@headspaceknox.com.au)

### Who can apply?

We are looking for anyone aged between 16 and 25 who is involved with their local headspace centre. We are looking for about 10 local young people to join the group.

We want you to apply if:

You have had your own experiences of feeling depressed, anxious or another mental health issue

You have a friend or family member who has/or had a mental illness or drug addiction,

You feel passionate about and are interested in mental health issues,

The group is also keen to hear the voices of Indigenous young people, young people from different cultural backgrounds, young people from rural and remote areas, gay, lesbian, bisexual and transgender young people and young people who have been homeless.



# Headspace Knox Youth Action Force Application Form

## Personal Details

Name

Phone

Email

Address

Date of Birth

Sex

What languages do you speak at home?

Where were you born?

Are you Aboriginal or Torres Strait Islander?

Are you from a rural or remote area?

Do you have a family member with a mental illness?

Do you identify as having/had a mental illness?

Is this something that you would be happy (and feel comfortable) talking about?



## About You

**Please tell us a bit about yourself?**

*(For example: I am 15 years old, and attend alternative education centre 3 days a week, I like skate-boarding etc)*

**Please describe why you are interested in becoming a Youth Reference Group member?**

**What skills and ideas could you bring to the Youth Reference Group?**

**Are you involved in any other organisations? If yes, which ones and what is your involvement?**