



Position Description

Member Qualities:

As a group:

- All members must be aged between 12 and 25 years at the age of application
- Representation from across the Logan region
- A mix of ages and gender
- Representation from Aboriginal and Torres Strait Islander
- Representation from different cultural and language backgrounds
- A broad range of life experience, including same sex attracted young people, experience of homelessness, history of mental health and mental illness, substance use and abuse, young carers.

As an individual:

- Young people must be aged between 12 and 25 years at the age of application
- Have an interest and passion around mental health and/or alcohol and other drug issues for young people
- Young people that will personally benefit from their involvement in the reference group
- 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
- Young people that have something to say about mental health and alcohol and other drug issues
- Good communication skills
- The ability to balance health (including mental health), other responsibilities like school/work/uni/family and the demands of the advisor position
- All members must have easy and regular access to the internet and phone

Responsibilities:

- Participate in monthly meetings

- Be prepared to undertake some training at about **headspace**, mental health, mental illness, substance use, talking to the media and other associated topics
- Be open and willing to participate in teleconferences, email or facebook discussions
- Support local **headspace** activities
- Some young people may like to become active community advocates for youth mental health which will: raise awareness of youth mental health, encourage young people to seek help early and to educate the broader community about youth mental health.
- Young people may be involved in community education activities, or as media spokespeople on the issue of youth mental health.
- Young people may speak at public functions or at local schools, mental health forums, conferences and the like.
- Actively look after all aspects of your health

Time Commitment

- Monthly face to face meetings
- Participation in relevant local community events will be shared between members as required. Location, theme and members availability/area of interest/experience will be taken into consideration to determine which members attend events.
- In between face to face meetings and events, contact will be maintained through email, facebook and teleconferences.
- Focus groups around specific topics will be held by headspace National throughout the year and MYRG members may have the opportunity to be involved in these if they are interested. These groups may occur through teleconference, face to face, or through email surveys and web based discussion.

Benefits

- Meet with prominent leaders and advocates for youth mental health
- Receive training in mental health, alcohol and other drugs, media and relating to your specific interest area
- Develop a range of skills including working in groups, and representing the needs of your peers

Training

Training will be given in areas such as the following:

- What is **headspace**
- Mental health
- Substance use
- Talking to the media
- Speaking in public
- Other as related to interested area

Other

Parental (or Guardian) consent will be needed for young people under 18 years