



headspace
Mount Gambier

headspace Mount Gambier Youth Ambassador Program Information Pack

Are you aged between 18-25 and live in Mount Gambier? Are you passionate about mental health and educating other young people?

What is the headspace Mount Gambier Youth Ambassador Program?

The headspace Mount Gambier Youth Ambassador Program brings together a group of 6 local volunteers aged 18-25 who are passionate about mental health issues and public speaking to provide peer to peer education in the Mount Gambier area.

Who are we looking for?

We want applicants who are..

- Aged 18-25 at the commencement of the program (January 2018)
- Passionate about mental health
- Keen public speakers who have excellent communication skills
- Able to work effectively in a team and able to work independently
- Motivated, willing and committed to participating on an ongoing basis
- Available for presentations during school hours in 2018
- Have valid drivers licence and access to own transport
- Have easy and regular access to internet and phone

Responsibilities

Youth Ambassadors work in pairs to deliver interactive headspace presentations to local school and community groups. They participate in monthly team meetings as well as ongoing training provided by headspace Mount Gambier.

Youth Ambassadors will be encouraged to participate in local headspace events as well as act as a role model and advocate for mental health in the local community.

Time Commitment

The appointment of Youth Ambassadors is 12 months. We anticipate an average minimum weekly time commitment of 2 hours, this may be made up of travelling to and giving presentations, attending team meetings or participating in ongoing training.

Of course if you want to give more time we are happy to accommodate that too!

Benefits

- Meet other young people passionate about youth mental health and well-being
- Receive ongoing training in leadership, public speaking and mental health
- Make a difference for local young people

Training

Group training will be provided by headspace at the commencement of the position as well as throughout the year. This will include training around

- Leadership
- Public speaking
- Mental Health
- Youth Mental Health First Aid
- headspace and headspace presentation materials

Other

If you are successful in the application process, a number of pre-commencement checks will need to be undertaken. This will include checks such as DCSI screening, criminal history check, confidentiality agreement, reference checks etc. This will be explained in more detail if you progress to the interview stage.

**To apply fill out the application form at
<https://headspacemt看.typeform.com/to/D6ykQt>**

For more information contact

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