



headspace Mount Gambier Youth Reference Group Information Pack

Are you aged between 12 and 25 and live in Mount Gambier?
Do you have something to say about health, mental health
and drug and alcohol issues?

What is the headspace Mount Gambier Youth Reference Group?

headspace Mount Gambier opened its doors in March 2016. We have a passionate Youth Reference Group who are looking to expand their membership. As a YRG member, you will have 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 the YRG, including:

- involvement in community awareness raising
- evaluating and improving how the centre is run
- participating in regular meetings
- consulting around resource development such as presentations, factsheets, brochures, radio ads etc
- planning projects
- getting the message of headspace out in the community
- involvement in local events.

By getting involved you will:

- have the opportunity to have your say and direct youth mental health services in Mount Gambier
- 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 will provide some training to support you to participate in the above groups or activities.

Who can apply?

We are looking for young people aged between 12 and 25 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.



ROLE DESCRIPTION

headspace Mount Gambier Youth Reference Group Member

Member qualities

As a group

- All members must be aged between 12 and 25 years at the age of application
- Have involvement from 10-14 young people
- A mix of ages and gender
- Representation from Aboriginal and Torres Strait Islander backgrounds
- Representation from different cultural and language backgrounds
- A broad range of life experience, including same sex attracted young people, experience of homelessness and history of mental health and mental illness.

As an individual

- Young people must be aged between 12 and 25 years at the age of application
- Have an interest and passion in mental health and/or alcohol and other drug issues for young people
- 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
- 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 YRG 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 about **headspace**, mental health, mental illness, talking to the media and other associated topics
- Be open and willing to participate in teleconferences, email and online discussions
- Support local **headspace** activities
- Some young people may like to become 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 and well-being
- Young people may speak at public functions or at local schools, mental health forums, conferences etc
- Complete a wellness plan and actively look after all aspects of your health.

Time Commitment

The appointment of Mount Gambier YRG members is 12 months. **Monthly meetings are held on a Tuesday afternoon from 5:00pm-7:00pm. You need to be able to attend these meetings.**



In between meetings and events, contact will be maintained through Basecamp (online information sharing site), email, online forums and teleconferences. There will be an expectation that you participate regularly in these discussions. It will also be expected that you take part in project work related to your areas of interest.

This is a volunteer role and although you will be paid for some of the events, it is expected that you will also volunteer your time for subcommittees, projects and other events.

Benefits

- meet other young people passionate about youth mental health and well-being
- receive training in mental health, alcohol and other drugs, media and other topics relating to your specific interest area
- develop a range of skills including working in groups, and representing the needs of your peers
- have the opportunity to have your say and direct youth mental health services in Mount Gambier.

Training

Training will be given in a variety of areas; these may include:

- leadership & communication
- project management
- mental health
- mental illness
- drug and alcohol issues
- talking to the media
- public speaking.

Other

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

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.