



Applications are now open for the:

headspace Shepparton Family and Friends Advisor

Have you supported a young person accessing help at headspace Shepparton? Do you have an appreciation of the difficulties families and friends have in assisting a young person in getting help? Do you have the time and energy to give something back?

What is the headspace Shepparton Family and Friend advisors?

headspace Shepparton is seeking input from 3-4 Family and Friends Advisors to assist them with making headspace Shepparton a family inclusive service.

- Help explore **barriers and enablers to create engaging and family inclusive services**
- Have input to policies and procedures that relate to family and friends at **headspace** Shepparton
- Be part of **planning community awareness activities** that helps improves family and friends' mental health literacy and encourages help seeking in young people.
- Have input into **resources, programs and services** linkages that assist family and friends of young people seeking help at **headspace** Shepparton.

The commitment includes:

- 4 catch up meetings with general manager Caroline French
- Assistance with community awareness activities that target family and friends of young people

How do I get involved?

Complete the application form and email **Caroline.French@gvhealth.org.au**
OR you can post it to 129 High Street, Shepparton. 3630
OR just drop it off.....

Who can apply?

We are looking for Family and friends who have had an experience of a family member seeking help at **headspace** Shepparton.

You have the time to volunteer as a family and friend advisor.

You have the desire to help headspace Shepparton in their work improving young peoples' well being.

You have a good understanding of how to self care when faced with stressful experiences.

Have or are willing to complete a National Criminal History Record Check (GV Health will pay) and a working with Children's Check (free as a volunteer)



headspace Family and Friend Advisor application form

Personal Details

Name

Phone

Email

Address

Please tell us a bit about yourself and your experience of being a friend or family member of a young person who accessed headspace Shepparton.



Can you describe how you look after your own wellbeing?

Why are you interested in becoming a Family and Friend Advisor?

What do you think you can contribute?

Is there anything else you would like to tell us?