



headspace
Townsville

Position Description

Youth Advisory Crew headspace Townsville

Member Qualities

As an individual:

- Young people must be aged between 15 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 and 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.
- Complete a wellness plan and actively look after all aspects of your health

Time Commitment

In between face to face meetings and events, contact will be maintained through email, Facebook and teleconferences. It is expected that you maintain regular (at least once per fortnight) contact with the group.

Focus groups around specific topics will be held throughout the year and it is expected that the members will be involved in (at least) two of these a year. 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 the following areas:

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

Remuneration

Remuneration will be in the form of a method that has been mutually agreed upon by headspace Townsville, and members of the Youth Reference Group. This method will not be in the form of cash.

headspace will cover the following costs:

- All reasonable travel costs to attend face to face events

Other

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

