

# headspace Tuggeranong Youth Reference Group – Member Role Description



## Member Qualities

### As individuals:

- You must be aged between 16 and 25 years at the time of application.
- An interest in and passion for mental health and/or alcohol and other drug issues for young people.
- 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.
- Desire to contribute to improving mental health, drug and alcohol services for young people.
- 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



### As a group:

- 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, for example: same sex attracted, gender diverse, transgender, queer or questioning young people, experience of homelessness and history of mental health and mental illness





## Responsibilities

- **Participate in fortnightly meetings (attend a minimum of 16 meetings a year)**
- **If three meetings are missed in a row without notice the YRG member will be contacted by the Community Engagement Officer**
- **Be prepared to undertake some training about headspace, mental health, mental illness, talking to the media and other associated topics.**
- **Support local headspace activities.**
- **Complete a wellness plan and actively look after all aspects of your health**



## Opportunities

**You may choose to be:**

- **A community advocate for youth mental health to raise awareness of youth mental health, encourage young people to seek help early and to educate the broader community about youth mental health.**
- **Involved in fundraising activities, community education activities, or as media spokespeople on the issue of youth mental health and well-being.**
- **Involved in speaking at public functions or at local schools, mental health forums, conferences and the like.**

## Time Commitment

Being part of a YRG can bring a lot of opportunities but it is also a big time commitment.

In order to fully participate as a YRG member you are expected to attend at least 16 meetings a year and contribute towards events and youth consultations.

## 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 specific interest areas.
- Develop a range of skills including working in groups and representing the needs of your peers.
- You will have input into headspace Tuggeranong services and programs

## Training

All YRG members are required to complete their center induction and headspace learning induction.

## Reimbursements

Participating in Youth Reference Group events is voluntary, however speaking at events, participating in headspace Tuggeranong interview panels will be reimbursed at an hourly rate.

## Other

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

Young people over 18 years old will be required to get a Working with Vulnerable People clearance which is free for volunteers.

Sign \_\_\_\_\_

Date \_\_\_\_\_

