

# headspace Wagga Youth Reference Group Application Guide



## About headspace

headspace is the National Youth Mental Health Foundation providing early intervention mental health services to young people aged 12–25.

### 4 key areas of support



mental health



work, school  
and study



alcohol and  
other drug



physical and  
sexual health



## About the Youth Reference Group

Our Youth Reference Group is made up of young people aged 16–25 who want to improve youth mental health and wellbeing in their community.

They ensure the centre stay youth-friendly, inclusive and representative of the diverse experiences of young people across the Riverina.

## What does the YRG do?

headspace is a service for young people, so youth perspectives are really important. The YRG shares their insights on what young people need and helps make our work more youth-friendly, inclusive and affirming for young people.

### Here are some of the things you might do:

- Provide feedback on headspace services, ideas and youth experience.
- Share youth perspectives on centre design, accessibility and issues affecting young people in your community.
- Help run stalls at community events and schools.
- Co-design youth projects, events, programs and resources.
- Provide input into new initiatives and groups.
- Represent headspace at meetings.

### Commitment

Attend fortnightly meetings on Thursdays 4:30 - 5:30 pm

As a group, you'll support activities like school and community events, develop resources, create a social media campaign, and plan an event.

### Details

#### Who

Volunteers aged 16-25

#### Where

headspace Wagga

#### Duration

Min of 12-month term

#### Meetings

Fortnightly Thursday at 4 - 5pm  
(In the school term)





# headspace Wagga Youth Reference Group

## How to apply?

Scan the QR code for more info and to apply online

Have More Questions?

Chat to our Community Engagement Officer  
[kane.stewart@headspacewagga.org.au](mailto:kane.stewart@headspacewagga.org.au)

We will get in touch with you within two weeks of receiving your application.

