

headspace Local Youth Reference Group Application Form

Are you aged between 16 and 25 and live in Australia? Do you have something to say about health, mental health and drug and alcohol issues?

What is the headspace Local Youth Reference Group?

headspace is providing young people with 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 a headspace **local reference group**, including:

- Leading a project in your local area based on input from young people about the things that matter to them
- Supporting ongoing projects and/or activities in your local community, and being active in the community in raising awareness about youth mental health
- Website consultation and development
- Evaluation of headspace services and/processes, and making sure we're remaining youth-focused
- Consultation around resource development such as factsheets, brochures and key messages
- Consumer representation and ensuring young people have a voice in our centre

By getting involved you will:

- Have the opportunity to have your say and direct youth mental health services in your local area
- Develop new skills including team work, project planning and engaging with diverse community members
- Meet and work with other young people who are passionate about 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 anyone aged between 16 and 25 who is/would like to be involved with their local headspace centre.

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
- 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.

How do I get involved?

Simply complete the application form and email it to myheadspace@headspacewagga.org.au or you can post it to/drop it into our centre at **2/185 Morgan Street, Wagga Wagga, NSW 2650**. If you have any questions, please don't hesitate to contact our Community Engagement Officer on (02) 6923 3170.

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So that we are able to make sure that you are getting the most out of the group, we would like to find out a bit about you

Personal Details

Name

Phone

Email

Address

Date of Birth

Gender

What languages do you speak at home?

Where were you born?

Are you Aboriginal or Torres Strait Islander?

Are you from a rural or remote area?

About You

Please tell us a bit about yourself?

(For example: I am 15 years old, and attend alternative education centre 3 days a week, I like skate-boarding etc)

Please describe why you are interested in becoming a Youth Reference Group member?

(For example: I am passionate about youth issues, I want to improve help seeking behaviours in young people etc)

Are there any skills and ideas you could bring to the Youth Reference Group?

(For example: a youth-friendly resource idea, First Aid trained, graphic design skills, program idea for young men etc)

Are you involved in any other organisations? If yes, which ones and what is your involvement?