

## Youth Advocacy Group 2024

### Position Description

Are you aged between 16 and 25? Do you have something to say about the mental health and wellbeing of young people in your community? If so, the headspace Werribee YAG may be right for you!

#### **headspace Werribee:**

headspace is Australia's National Youth Mental Health Foundation, and was established in 2006 to support and empower young people aged 12-25 years. headspace is a vital support for over 100,000 young people nationwide & currently has over 100 centres nationally that work within the headspace framework and are managed by independent local youth services.

headspace Werribee opened its doors in February 2014 and provides mental health and wellbeing support to young people across the Wyndham and Hobsons Bay areas, and caters to the needs of its diverse community.

#### **The Youth Advocacy Group:**

The Youth Advocacy Group, or YAG, is a group of passionate young people who live, work or play in the Wyndham and Hobsons Bay areas. YAG members assist with the community awareness and health promotion work of headspace Werribee in a voluntary capacity. This involves creating and leading projects at headspace Werribee and in the local community to engage young people and community members in respectful conversations about mental health, and to promote support seeking and self-care activities.

YAG projects are determined by the group and have strong focus on being youth-led and delivered, with support from the staff at headspace Werribee. There are lots of opportunities for you to bring your own ideas and creativity to the work you are doing, as well as to support and respond to discussions and ideas raised by community members and services in the area.

## Joining the YAG:

### Who is in the group?

- All members must be aged between 16 and 25 years at the time of application
- YAG members will be a mix of ages, genders, cultures and backgrounds, and have diverse life experiences

### What qualities should a YAG member have?

- An interest and passion around youth mental health and wellbeing
- Ability to work in a team and participate in group discussions
- Ability to work independently (and remotely)
- Motivated, willing and committed to participate on an ongoing basis
- Have good communication skills
- Able to balance health (including mental health), other responsibilities like school/work/uni/family and the demands of the YAG position
- All members must have regular access to the internet and phone

### Who can apply?

We are looking for people aged between 16 and 25 who would like to be involved with their local headspace centre.

We want you to apply if:

- You feel passionate about and are interested in mental health and young people in the community
- 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 or drug addiction

The group is also keen to hear the voices of First Nations young people; young people from a range of cultural backgrounds; LGBTQIA+ young people; young people with a disability; young people who have been homeless; and young people with a variety of educational backgrounds and experiences, as well as life experiences.



### What does a YAG member do?

- Attend and participate in face-to-face and/or virtual meetings on a three-weekly basis (Wednesday evenings, with physical meetings held at headspace Werribee)
- Participate in the group Discord channels channel and be comfortable contributing ideas online
- Support headspace Werribee services, activities and programs – this might be through attending events and programs, promoting them within the community or contributing to their creation and design
- Be an active community advocate for youth mental health. YAG members raise awareness of youth mental health, encourage young people to seek help early and to educate the broader community about youth mental health.
- Support and inform the services that are offered by headspace Werribee, and the centre's lead agency Orygen, and provide feedback regularly about supports, services and opportunities available for young people.

- May be involved in community education activities, or as media spokespeople on the issue of youth mental health
- May speak at public functions or at local schools, mental health forums, conferences and other events

### **What are the expectations?**

- Attend 80% of YAG meetings during the year, with clear communication if I am unable to attend
- Connect with the group at least once a week to work on various projects or opportunities
- Maintain regular online email/Slack communication between meetings
- Complete a wellness plan and actively look after all aspects of my health, including my mental health
- Undergo a Working with Children's Check and a Police Check (any costs will be reimbursed by headspace Werribee)
- Be fully vaccinated in line with policies required for volunteers at the centre's lead agency Orygen
- Follow all health and safety requirements and guidance, including safety protocols around preventing the spread of COVID-19
- Commit to participating in the YAG for 1 year. YAG members may stay in the group for two years.



### What are the benefits?

- Gain knowledge and insight into youth mental health
- Meet with prominent leaders and like-minded 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

### What are the other details?

- YAG members aren't expected to be experts in everything straight away – there is lots of training and support available to help you perform the role
- Being part of the YAG is a volunteer position, and the approximate time commitment is 2 hours per week. This commitment fluctuates depending on what events or projects are happening at the time (some weeks will be more, some will be less).
- YAG members need to arrange their own transport to and from headspace Werribee for meetings and other events. All reasonable travel costs, for distances greater than 20kms from headspace Werribee, can be reimbursed for travel outside of the regular YAG meetings. If travel is a concern for you, please let us know so we can help support you!
- Parental (or Guardian) consent will be needed for young people under 18 years of age.



If you have any questions about joining the headspace Werribee YAG, please feel free to contact Simone Webbey (Community Awareness Officer) by calling 8001 2366, or by emailing [simone.webbey@orygen.org.au](mailto:simone.webbey@orygen.org.au).