



Applications now open for the headspace Wollongong Youth Reference Group

Are you aged between 16 and 25 and live in the Wollongong area?
Do you have something to say about youth mental health and wellbeing?

What is the headspace Wollongong Youth Reference Group?

headspace Wollongong provides young people with the opportunity to be heard and be active around youth mental health and related issues through the Youth Reference Group (YRG).

There are a number of roles you can play in the YRG, including:

- Planning and organising special events
- Helping us to make our centre responsive to young people's needs
- Giving feedback about local youth and health services
- Fundraising for headspace Wollongong
- Presentations and activities with high schools, TAFE and UOW
- Accessing training and development opportunities
- Media promotions and interviews and publicity
- Sharing your experiences and encouraging early help seeking.

By getting involved you will:

- Have the opportunity to have your say on local services
- Develop new skills
- Meet and work with other young people who are passionate about youth mental health
- Make a difference to youth mental health in your community.

The Youth Reference Group meets fortnightly (during school terms) on a Thursday afternoon at **headspace** Wollongong, and also provides regular feedback and input through an online forum.

TO APPLY, COMPLETE THE ONLINE APPLICATION FORM AT www.headspace.org.au/wollongong

If you would prefer to apply by post or email, complete and send this form to headspace@gph.org.au or PO Box 6038, Wollongong NSW 2500.

APPLICATIONS CLOSE SUNDAY 26 FEBRUARY 2017

Who can apply?

We are looking for anyone aged between 16 and 25 who is interested in promoting youth mental health and wellbeing in the Wollongong area.

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 or addiction.

You feel passionate about and are interested in mental health issues and young people's health and wellbeing in our community.

headspace Wollongong is also keen to hear the voices of Indigenous young people, young people from different cultural and language backgrounds, young parents, young people from rural and remote areas, young people of diverse sexualities and genders, and young people who have been homeless.