headspace
National Youth Mental Health Foundation
Level 2, South Tower
485 La Trobe Street, Melbourne VIC 3000
Tel +61 3 9027 0100 Fax +61 3 9027 0199
headspace.org.au

Applications are now open for the:

headspace Wonthaggi
Youth Advisory Group

Are you aged between 15 and 25 and live in Bass Coast or South Gippsland? Do you have something to say about health, mental health and drug and alcohol issues?

What is the headspace Youth Advisory 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 several roles you can play in a **headspace advisory group**, including:

- Leading a project in your local area
- Website consultation and development
- Research and evaluation of **headspace** services
- Consultation around resource development such as, factsheets, brochures, radio ads etc
- Peer support and mentoring
- Media Spokesperson

By getting involved you will:

- Have the opportunity to have your say and direct a youth mental health service
- Develop new skills
- Meet and work with other young people who are passionate about youth mental health
- Make a difference to youth mental health

headspace will provide some training to support you to participate in the above groups or activities

How do I get involved?

Complete the application form and email it to **jwestland@rav.org.au** or you can post it to:

headspace Wonthaggi, 5b Murray St, Wonthaggi VIC 3995

Who can apply?

We are looking for anyone aged between 15 and 25 who is involved with their local **headspace** centre. We are looking for about xx local young people to join the group.

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 drug addiction,

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.

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headspace Wonthaggi youth advisory group application form

Personal Details

Name	
Phone	
Email	
Address	
Date of Birth	
Sex	

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?	
Do you have a family member with a mental illness?	
Do you identify as having/had a mental illness?	
Is this something that you would be happy (and feel comfortable) talking about?	

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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 Advisory Group member?

What skills and ideas could you bring to the Youth Advisory Group?

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