



make a
difference!

For details on how to apply contact laura on:
laura.hanlon@samaritans.org

The **Youth Reference Group (YRG)** is a group of passionate young people who volunteer their time at headspace to raise awareness of mental health and wellbeing issues that affect their community.



are you...

- 18-25?
- enthusiastic, energetic and outgoing?
- passionate about youth mental health?
- available to attend monthly meetings and community events?

**headspace
maitland**
is searching for
the next batch of
young leaders!