

hY NRG recruitment info pack

for young people thinking of applying



Keen to make a difference in youth mental health and wellbeing?

Applications are now open to become a Youth Lived Experience Advisor in headspace's Youth National Reference Group (hY NRG, pronounced "High Energy").

This pack should have all the info you need to apply, but if you still have questions, email participation@headspace.org.au. If you require adjustments throughout the application process, we encourage you to let us know.

When you're ready to apply head on over to:
headspace.org.au/hynrg-apply

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about us

headspace is Australia's National Youth Mental Health Foundation, providing early intervention mental health services to 12-25 year olds.

Each year, headspace helps thousands of young people access vital support through our headspace centres in communities across Australia, our online and phone counselling services, our vocational services, and our presence in schools.

In everything we do, we aim to meet the evolving and unique needs of young people and those who support them. That's why our [reference groups](#) are at the heart of our work, and they play an active role in governance and designing, developing and evaluating our programs and services.

headspace has 20 years experience of engaging young people and family in participation programs where young people can contribute to matters that impact them. Our staff are qualified, credentialed and supported by the headspace Clinical Governance Framework to ensure safe and effective programs for young people. headspace National is committed to creating culturally safe, inclusive and respectful environments where young people can contribute authentically and feel valued for who they are.



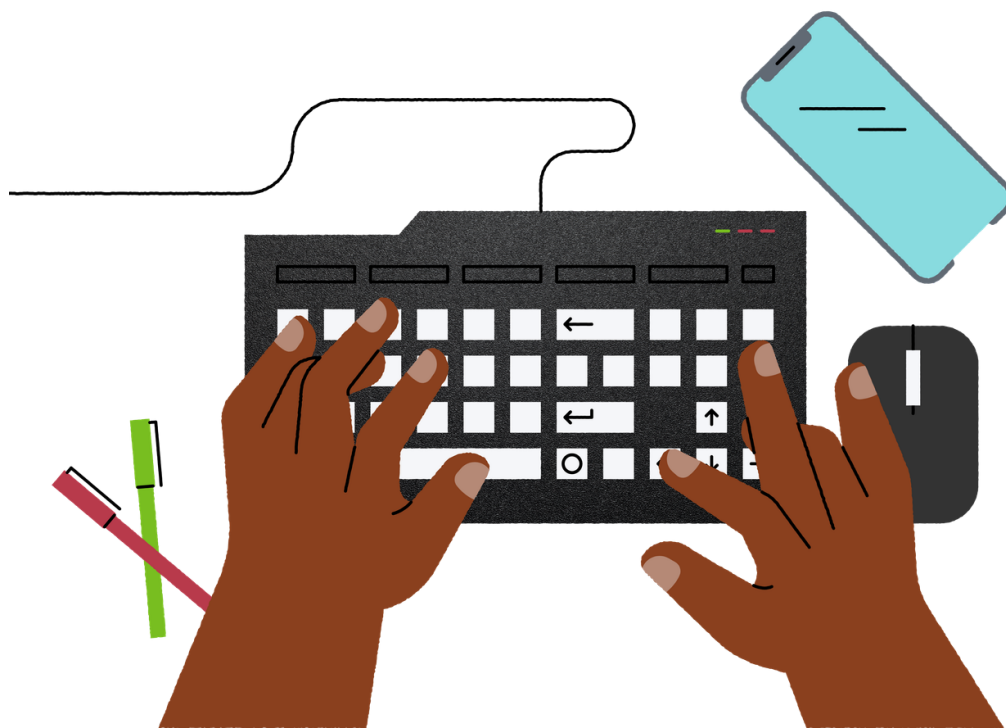
the opportunity

This is a casual employment role for 20 young people aged 18-25 from across Australia to join hY NRG as Youth Lived Experience Advisors from **Feb 2027 – Dec 2028**.

As part of hY NRG, you will provide lived experience and expertise to inform, advise and co-create a range of work across headspace National. Recommendations and insights from hY NRG directly inform projects, services, resources, campaigns and organisational decision-making across headspace National.

The role is mostly remote, and requires attendance at regular online meetings and two in-person events per year (travel and related expenses paid by headspace National). Members are typically expected to commit to a minimum of 3-6 paid hours per week, however this does vary as a casual position. Additional opportunities and paid hours are available on an opt-in basis.

As a Youth Lived Experience Advisor, you will work alongside colleagues on the National Family Reference Group (hN FRG) and First Nations Youth Advisory Council (FNYAC).



benefits

- Get paid to contribute your lived experience and expertise on youth mental health
- Shape headspace services, projects and campaigns
- Join an inclusive and respectful work environment
- Be part of a collaborative team of fellow young people passionate about youth mental health
- Opportunity to travel for work where required (don't worry, this is paid for by headspace)
- Professional development opportunities in communication skills, safe storytelling, sharing lived experience insights, governance and more
- Set your own workload around other commitments (with some minimum requirements)

key dates

Applications open: Friday 14 August 2026

Applications close: 11:59pm AEST Sunday 20 September

Shortlisting and booking interviews: September/October 2026

Group interviews: October 2026

2nd round interviews and reference checks: November 2026

Successful candidates notified: December 2026

Onboarding and credentialling: January 2027

Role commences: Monday 1 February 2027

In-person training: 12 March - 14 March 2027

Role concludes: Friday 22 December 2028



who we're looking for

We are keen to hear from young people from diverse backgrounds, ethnicities, religions, identities and locations across Australia, including young people who:

- Identify as Aboriginal and/or Torres Strait Islander
- Are from multicultural backgrounds, including from refugee or asylum seeker backgrounds and/or international students
- Identify as LGBTQIA+
- Are living with a disability, neurodiversity or chronic illness
- Live in a regional, rural or remote community
- Identify as young men

headspace is committed to involving young people and family in areas affecting youth mental health and wellbeing. If you are interested in contributing your lived experience to the areas below, we are also keen to hear from you.

- Harm minimisation support areas (e.g. use of alcohol and other drugs, gambling, pornography, vaping)
- Work & study support
- Online mental health and wellbeing support (such as eheadspace)
- Family and/or intimate partner violence
- Disordered eating

We're also looking for a range of volunteer or professional experience, including young people who may have never been a part of an advisory group before or worked in a Lived Experience role.

eligibility

Anyone who meets the following criteria is encouraged to apply:

- Be a young person aged between 18-25 years as of 1 February 2027
- Have experience accessing support from a mental health service (e.g. headspace centre or online services, wellbeing supports in an education setting, mental health support from doctor / general practitioner, private counselling, or support from a public mental health service).
- Passionate about youth mental health and committed to working constructively with headspace to improve outcomes for young people.
- Willing to safely share your perspectives, as informed by your lived experience as a young person and mental health service user, with appropriate supports in place.
- hold or be willing to obtain a current Working with Children Check (WWCC) for your home state or territory and undergo a Police check
- Have the right to live and work in Australia for the duration of the role



what's involved?

participation opportunities

Youth Lived Experience Advisors are engaged in Participation Opportunities throughout their term. Participation Opportunities are where the real work happens – where your experiences, perspectives, feedback, suggestions and insights contribute to the work of headspace. Participation Opportunities are initiated by headspace National and vary in scope, commitment and timing, and can include things like:

- Joining a governance committee, advisory group, or project
- Participating in consultations, workshops, and focus groups
- Presenting at conferences, events, or in traditional media
- Advising on staff recruitment and interview panels
- Reviewing and shaping practice guides, resources, or policies
- Contributing to website, or social media content

Over the course of your hY NRG term, you will opt into Participation Opportunities that align with your interests, experiences, and availability.

These opportunities are guided by our Model of Participation, which defines participation, categories of involvement, commitments and principles to ensure everyone feels supported and capable of engaging in meaningful participation work.



team meetings

Our monthly online team meetings are a chance for us to come together as a team to connect, share and receive updates, complete training and professional development opportunities, and participate in consultations.

co-reflection groups

This group is a monthly online space for hY NRG members to reflect on their involvement in participation activities and talk through learnings, challenges and successes of their work over the past month. This is a place to self-reflect in a small group setting of peers and is led by hY NRG Youth Facilitators.

in-person events

Twice a year hY NRG members come together in-person to connect as a team and complete orientation and professional development.

Locations for in-person meetings can vary, but are usually held in Naarm/Melbourne, and transport, accommodation and other expenses related to travel are covered by headspace National.



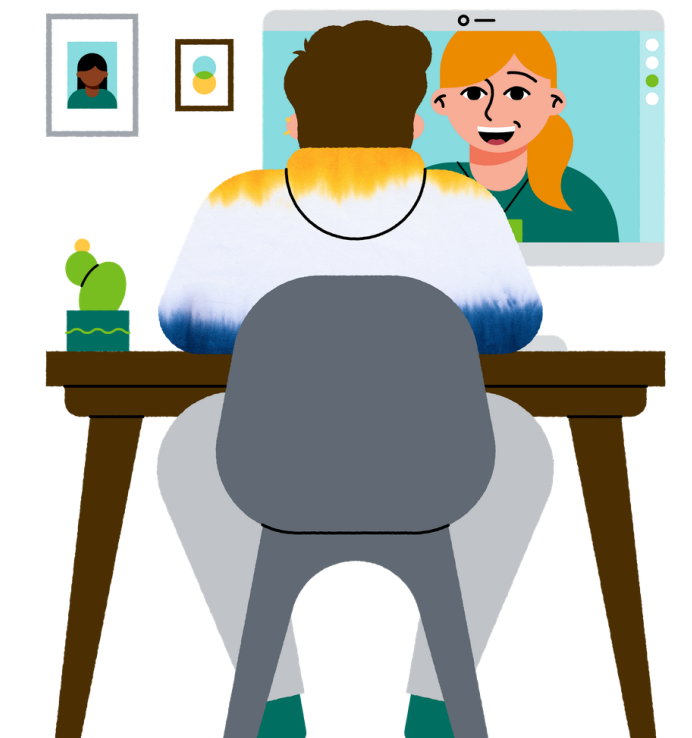
participation streams

Participation Streams are a chance for Lived Experience Advisors to work directly with a team and area of work at headspace National throughout your term.

Participation Streams are designed to build stronger connections between Lived Experience Advisors and teams at headspace National, while creating more opportunities for learning, reflection, professional development, collaboration, and meaningful impact.

Participation Streams change each hY NRG term and can include areas such as:

- Governance
- Multicultural Practice
- First Nations
- Centre Services
- Media & Marketing
- Work & Study
- Government Relations & Policy



support in the role

participation coordinator

The Participation Coordinator line-manages the Youth Lived Experience Advisors on hY NRG. They are here to help and are your first point of contact for pretty much everything related to your role. The Participation Coordinator coordinates opportunities, trainings, events and meetings to make sure they are safe and meaningful.

youth facilitators

Youth Facilitators play an important role in contributing to a friendly, inclusive and welcoming work environment. They are previous members of hY NRG, who are there to foster engagement and a connection between hYNRG cohorts. They run meetings, make sure you feel included, and bring the “high energy” to hY NRG.

wellbeing supports

We recognise that participation in Lived Experience roles can be meaningful, and at times may involve drawing on experiences that are personal or sensitive. To support young people and family involved in participation activities, we provide Wellbeing Supports.

Wellbeing Supports are not a clinical service. They do not include therapy, counselling, or ongoing clinical care.

At headspace, wellbeing support is based on a principle of self-efficacy. This means trusting and recognising your own ability to understand and care for yourself, while knowing that extra support is available when you need it.

still got questions?

Come along to one of our hY NRG Recruitment Webinars to hear directly from some of our current members about the role.

- [5:30pm-7:00pm AEST Wednesday 26 August 2026](#)
- [7:00pm-8:30pm AEST Monday 7 September 2026](#)

Or flick us an email at participation@headspace.org.au, we'd love to hear from you!



Pictured: hY NRG 2025-2026 cohort with headspace National CEO Jason Trethowan