

# Frequently Asked Questions (and answers) about hY NRG

## (the headspace Youth National Reference Group)

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## What is the headspace Youth National Reference Group (hY NRG)?

What is hY NRG:

- Paid casual role for 20 diverse young people aged 16-25 from across Australia (+4 Youth Advisors)
- Young people who have been involved with headspace centre or service
- 18 month term starting May 2023
- Regular online and in person meetings, workshops and training

You'll get to:

- Share your expertise and lived experience to inform headspace's work
- Participate and be involved in shaping headspace campaigns, projects and programs on youth mental health
- Develop skills in public speaking, media, project management and facilitation
- Connect with like minded young people across the country

You can read more about the [current hY NRG members here](#).

## What opportunities would I be as involved in as a hY NRG member?

There are many opportunities for hY NRG members to get involved with! You don't need to have previous experience, and headspace will provide training and support for you to take part.

A few of the different opportunities you could be part of on hY NRG include:

- collaborating in working groups on national campaigns like headspace Day
- contributing to headspace programs like Work and Study or Schools and Communities
- doing local or national media interviews
- giving feedback on website and social media improvements
- collaborating on content series for mental health literacy
- speaking at state or national conferences on youth mental health

- contributing to mental health fact sheets or articles for the headspace website
- plus heaps more!

The great thing about the hY NRG role is its flexible! You can structure it around your schedule – whether you're at school or working part time. It's super easy to balance with your other commitments and doesn't have to be overwhelming.

### How will I work with other hY NRG members?

While you will be a big team of 24 hY NRG members, you will only all come together in person a few times during your term. You will stay connected online in-between, but when you're working on projects you might be with 1 or 2 other hY NRG members who work on that project together. For example, you might see all your fellow hY NRG members in April for a meeting, but then you might work more closely on the headspace Day campaign with two other hY NRG members.

### Am I eligible to be on hY NRG?

To apply for hY NRG you need to be:

- Aged between 16 and 25 years at the time of application.
- Within the last 12 months have engaged or have a touchpoint with a headspace service. This includes, attending a headspace Centre, being a part of a local Youth Reference Group, being a part of the digital work and study service, online career mentoring service, or accessed support via eheadspace.
- Passionate about youth mental health
- Able to commit to participating in all parts of hY NRG from May 2023 until November 2024 (we understand that over 18 months things might change, but you should be able to broadly commit to the program when applying)
- Comfortable and able to travel to Melbourne independently for four –days of face to face meetings (i.e. Thursday to Sunday) (travel will be paid for by headspace National)
- If under 18, we will need consent from a parent or guardian for you to participate, and to apply (see the guardian consent form on the website).
- You need to have or be willing to obtain a valid Working with Children's Check (or equivalent) and undergo a Police check.

We are keen to hear from young people from all backgrounds and life experiences, including young people who:

- Identify as Aboriginal and/or Torres Strait Islander,
- Are from multicultural background,
- Identify as LGBTQIA+,
- Are living with a disability or chronic illness,
- Have lived experience of homelessness

We have 4 identified roles in the hY NRG team for young people who identify as Aboriginal and/or Torres Strait Islander.

We encourage any young person to apply! We are looking for passion for youth mental health over anything else.

## Do I need to be part of a headspace centre to apply for hY NRG?

hY NRG members need to be connected to or have a touchpoint to headspace services in some way – but that doesn't necessarily have to mean being part of a headspace centre. For example, you may:

- Be receiving services at a headspace centre
- Have attended an online eheadspace group chat
- Be engaged with our digital work and study service or online career mentoring service
- Have been to a local headspace event
- Attended a headspace Schools and Communities workshop or presentation
- Be part of a headspace centre local youth reference group

You do not still have to be engaged with headspace at the time of your application.

This opportunity is not designed for people who are studying in the mental health field and wish to undertake placement at headspace National.

## How much time do I need to be on hY NRG?

hY NRG members are appointed for 18 months. Traditionally, every six months there will be a face to face meeting in Melbourne (usually 3-5 days). These will usually take place from a Thursday to Sunday. Depending on where you are travelling from you may have extra travel days. You will get heaps of notice leading up to meeting dates. As well as the in person meetings, you'll meet regularly online with fellow hY NRG members and Youth Advisors via Zoom. Between meetings hY NRG will communicate via our online platform Microsoft Teams, email, and video conferences.

Many hY NRG members also work or study while being on hY NRG. The great thing about the hY NRG role is its flexible! You can structure it around your schedule – whether you're at school or working part time. It's super easy to balance with your other commitments and doesn't have to be overwhelming.

## What are the benefits of being on hY NRG?

There are so many benefits to being on hY NRG!

- Get paid to contribute your expertise and lived experience on youth mental health
- Contribute to shaping headspace services, programs and campaigns
- Opportunity to travel within Australia to participate in training, workshops or campaigns
- Training in public speaking, media, project management, facilitation skills
- Attending national or state conferences around Australia for professional development
- Networking with youth advocates and professionals within the youth mental health sector
- Representing your local community at a national level
- Being able to set your own workload around other commitments
- The opportunity to meet like-minded and passionate young people from all around Australia

## What does a hY NRG in-person meeting involve?

hY NRG meetings are intensive, 4-day in person workshops held in Melbourne. They are an opportunity for the group to come together and work on projects and ideas, undertake training and development, and consult with headspace National. There will also be time to bond as a group and to hang out with each other.

## What costs are involved?

There are **no costs** that you need to pay to be a hY NRG member. hY NRG members are casual employees of headspace National but are expected to do parts of their role on a voluntary basis (like responding to emails and staying in-touch online). We will make it clear when opportunities are paid or voluntary. All reasonable travel and accommodation costs, as well as any fees to do compulsory training will be covered by headspace.

## Will I receive any support while on hY NRG?

hY NRG is a headspace National program. headspace National staff coordinate the program, and they will support you throughout your 18-month term. hY NRG is not a clinical program, and while we have staff who will check in about your wellbeing, we are not a clinical service and do not provide clinical support. Therefore, it's important to stay connected to your local headspace centre/service and in-touch with your support team.

You will also receive support from four Youth Advisors. Youth Advisors are previous hY NRG members, so they know exactly what it's like to be on hY NRG. They work with headspace National to develop the hY NRG program and provide support to hY NRG members.

## What is the point of hY NRG?

hY NRG aims to do the following:

- Give young people the opportunity to provide input into the strategic direction of headspace National, headspace programs, and national mental health services.
- Demonstrate good practice by involving young people in the sector that supports them.
- Amplify the voice of young people and act on their input.
- Provide opportunities for young people to develop leadership, media, communication, and advocacy skills.
- Support young people to direct youth mental health policy development.

## What's a Youth Advisor?

A Youth Advisor is a previous hY NRG member that supports hY NRG members throughout their term. Youth Advisors work with headspace National staff to help develop and facilitate hY NRG meetings and trainings, and provide mentoring and advice to hY NRG members. They are your biggest advocates, and are fantastic at supporting hY NRG members as they've been in your shoes!

## I have a question, but it's not answered here?!

That's okay! If you have any further questions, please contact Laura, the headspace Youth Participation Coordinator at [participation@headspace.org.au](mailto:participation@headspace.org.au), on 03 9027 0218.