

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 or another support service or program
- 18 month term starting August 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, safe storytelling, advocacy, 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
- sitting on interview panels and internal committees
- 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?

There are multiple ways you will work with other hY NRG members:

- **Monthly online meetings** will keep you connected, informed and able to share challenges and successes you are experiencing in the role
- Approximately every six months, we'll bring you together for **in-person meetings in Melbourne** over several days (we'll give you lots of notice and all your travel costs are covered by headspace!). At these in-person events, you have an opportunity to learn through a range of professional development and connect with your fellow hY NRG members
- When you nominate yourself to be a part of **headspace project or committee**, you may have one or two other hY NRG members on the project with you alongside other staff from across headspace
- **Online group chats** are also ways that we stay in touch and collaborate with other hY NRG members. This is a space to stay informed, connect with each and share your experiences and learnings.

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.
- Have a connection to or been involved with a headspace or another support service or program within the last 12 months (this could include attending a headspace centre, being a part of a local Youth Reference Group, being a part of the headspace Work and Study Online service, online career mentoring service, or accessed support via eheadspace and/or a service within your school, TAFE or uni, local GP, private counselling or other youth mental health service)
- Passionate about youth mental health
- Able to commit to participating in all parts of hY NRG from August 2023 until January 2025 (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 in-person 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 a headspace or other support service or program in some way.

This could include attending a headspace centre, being a part of a local Youth Reference Group, being a part of the headspace Work and Study Online service, online career mentoring service, or accessed support via eheadspace.

This year, we are also engaging young people who may not have previously been connected with headspace but have chosen an alternative support service such as one within your school, TAFE or uni, local GP, private counselling or other youth mental health service.

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 an in-person 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 monthly online with fellow hY NRG members and Youth Advisors via Zoom. Between meetings hY NRG will communicate via our online group chats, 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, 3-5day 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 direct costs** that you need to pay to be a hY NRG member. hY NRG members are casual employees of headspace National and **all hours that you work are paid**. However, as the role is predominantly online, you are expected to:

- Have access to a computer
- Have access to internet with the capability to undertake video conference calls (predominantly on Zoom) and check emails and provide feedback on documents
- Have access to a space you can work in uninterrupted
- Commit your time to the in-person meeting events (3-5 days), which may mean rescheduling or declining other work shifts

Costs associated with these expectations are not covered by headspace National.

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. You will be provided training and support to successfully achieve in your role.

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 or another support service and in-touch with your support team.

You will also receive support from four Youth Advisors to succeed in your role. 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, project management, safe storytelling, 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 to succeed in their role alongside the Participation team. 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 James Malcolm, the interim hY NRG Coordinator at participation@headspace.org.au.