

## Events headspace Bunbury have been involved with...



headspace Bunbury has been involved with many large national events as well as smaller state and local events in the community. The YRG can be asked to help out with these!

- Groovin the Moo (Bunbury)
- Australia Day
- Sexual Health Week
- Youth Week
- Mental Health Week
- R U OK? Day



## Interested in getting involved?

All you have to do to get involved is call or email the centre and have a chat with our Community Engagement Officer.

Call us on 08 6164 0680

Email us on [community@headspacebunbury.org.au](mailto:community@headspacebunbury.org.au)

Visit the website <http://www.headspace.org.au/headspace-centres/headspace-bunbury>

or just drop into the centre to find out more

Our opening hours are:

Mon 9am-5pm

Tue 9am-8:30pm

Wed 9am-8:30pm

Thu 9am-5pm

Fri 9am-5pm

Get in touch now and have a chat about how you can be part of the headspace Bunbury Youth Reference Group

**headspace** National Youth Mental Health Foundation is funded by the Australian Government Department of Health under the Youth Mental Health Initiative

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 **headspace**  
Bunbury



**Youth Reference Group**





## What is the Youth Reference Group (YRG)?

The YRG is a group of young people aged 15-25 who are passionate about mental health and are interested in helping to promote **headspace** Bunbury to the local community.

As a member, your voice will be not only heard but your input will be acted upon within the centre. You will help us to organise and run youth events in the local community and have the opportunity to network and create contacts in the industry that can help you throughout your working life.



Meet other young people with the same passion and enthusiasm for mental health issues as you!

## What is the time commitment?

Meetings are held monthly at **headspace** Bunbury at a time agreed on by the group. Extra meetings may be arranged whilst projects are in progress.

Communication will be maintained via the YRG closed Facebook group and email in between meetings and it is expected that you keep tab on and participate in these discussions.

We also depend on YRG members to volunteer their time to help out at promotional events and participate in workshops, advertising and marketing campaigns.

All meetings will have food and drink provided and we will cover costs where applicable.



## What's in it for me?

As part of **headspace** Bunbury's Youth Reference Group you will have access to training opportunities and gain skills and experience including...

- Leadership Skills
- Project Management Skills
- Mental Health
- Drug and Alcohol Issues
- Gender Diversity and Sexual Health
- Communication Skills

You will also make valuable contacts in the community with organisations that may prove priceless in your future endeavours.

Being involved with a group of like minded young people to bring about positive change for those who struggle with their mental health in the community. Helping to reduce the stigma around youth mental health issues and letting people know that help is available and that asking for it is okay.