



**headspace**

**Craigieburn**

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[headspace.org.au](http://headspace.org.au)

## Position Description

**Are you aged between 16 and 25? Do you have something to say about health, mental health and drug and alcohol issues?**

### Member qualities

#### The group:

- All members must be aged between 16 and 25 years at time of application
- YAG members shall be a mix of ages, gender, cultures and backgrounds and have diverse life experiences.

#### The individual:

- Have an interest and passion around mental health and/or alcohol and other drug issues for young people
- The ability to think about the big picture
- The ability to work in a team and participate in group discussions as well as working independently
- Motivation, willingness and commitment to participate on an ongoing basis
- Good communication skills
- The ability to balance health (including mental health), other responsibilities like school/work/uni/family and the demands of the advisor position
- All members must have easy and regular access to the internet and phone

#### Responsibilities:

- Participate in meetings on a three-weekly basis
- Be prepared to undertake some training at about **headspace**, mental health, mental illness, substance use, talking to the media and other associated topics
- Be open and willing to participate in teleconferences, email and Facebook discussions
- Support local **headspace** activities
- YAG members may like to become active community advocates for youth mental health which will: raise awareness of youth mental health, encourage young people to seek help early and to educate the broader community about youth mental health.
- YAG members may be involved in community education activities, or as media spokespeople on the issue of youth mental health.
- YAG members may speak at public functions or at local schools, mental health forums, conferences and the like.
- YAG members are to complete a wellness plan and actively look after all aspects of their health

#### Who can apply?

We are looking for anyone aged between 16 and 25 who is involved with their local **headspace** centre. We are looking for about 8 local young people to join the group.

We want you to apply if:

**you have had your own experiences of feeling depressed, anxious or another mental health issue**

**you have a friend or family member who has/or had a mental illness or drug addiction,**

**you feel passionate about and are interested in mental health issues,**

The group is also keen to hear the voices of Indigenous young people, young people from different cultural backgrounds, young people from rural and remote areas, gay, lesbian, bisexual and transgender young people and young people who have been homeless.



## Time Commitment

In between face to face meetings and events, contact will be maintained through email, Facebook and teleconferences. It is expected that you maintain regular (at least once/fortnight) contact with the group.

Focus groups around specific topics may be held throughout the year and it is expected that the members will be involved in approximately 80 per cent of these each year. These groups may occur through teleconference, face to face, or through email surveys and web based discussion.

## Benefits

- Meet with prominent leaders and advocates for youth mental health
- Receive training in mental health, alcohol and other drugs, media and relating to your specific interest area
- Develop a range of skills including working in groups, and representing the needs of your peers

## Training

Training will be given in the following areas:

- What is **headspace**
- Mental health
- Substance use
- Talking to the media
- Speaking in public
- Other as related to interested area

## Reimbursements

**headspace** will cover the following costs:

- All reasonable travel costs, for distances greater than 20km's from the Craigieburn headspace centre, to attend face to face events-duties outside of the regular meetings.

## Other

Parental (or Guardian) consent will be needed for young people under 18 years of age.