

# Youth Reference Group 2024

headspace Goulburn &  
headspace Yass



## **headspace Goulburn & headspace Yass**

headspace supports young people aged 12-25.

We offer 6-10 free mental health counselling sessions to young people and their families. We also support young people with alcohol and drug use, and employment and education goals.

Plus we have a free doctor who can help with physical and sexual health! We are known as a youth friendly service and have been running for 5 years!

## **YRG**

The Youth Reference Group (YRG) is made up of volunteers aged 16-25 who care about mental health in our community.

Young people join the YRG to help headspace stay relevant for young people and does heaps of community engagement. Read more about what they do in the following pages!



## Details

<b>Who</b>	Volunteers aged 16-25 who care about youth mental health.
<b>Where</b>	headspace Goulburn: 13-17 Verner St, Goulburn NSW 2580 headspace Yass: 10 Crago St, Yass NSW 2582
<b>Duration</b>	minimum of 11 months
<b>Meetings</b>	2nd Thursday of the month 5pm to 6.30pm
<b>Start date</b>	January 2023



**What will I learn?** Literally so much! You'll receive formal training in Youth Mental Health First Aid. You'll also learn skills like community engagement, mental health advocacy, event management, some administration skills and team work.

**Priority groups** Any young person is welcome to apply, we are super keen to have representation from the following groups if possible:

- Aboriginal & Torres Strait Islander young people.
- Young men.
- LGBTQIA+ young people.
- Culturally and Linguistically Diverse young people.



# What does the YRG do?

## 1. Consultation

headspace is a service for young people. Because of this, youth perspectives and participation is really important. During our meetings we consult with YRG around important service issues and ideas. The YRG gives their perspectives and helps make our work affirming for young people.

For example YRG will do a full review of our website & physical site. They also sit in on every interview we run & create new resources for the community about headspace services. YRG report to the Youth Wellbeing Consortium about their progress and support delivering workshops and events.



## 2. Community engagement

The YRG also does heaps of community engagement, including:

- Running stalls at festivals, community events, youth groups and schools to promote mental health.
- Organising events.
- Managing our social media.
- Meeting with other organisations to provide youth perspectives.
- Attending annual camp with other YRGs!



## How to apply?

Scan the QR code or follow the link below!  
Applications close 2nd December 2023

Link: <https://rb.gy/yy0sm3>

More Questions?

Email our Community Engagement Officers

Esther (Goulburn) [eramsay@gph.org.au](mailto:eramsay@gph.org.au)

Kelly (Yass) [kmather@gph.org.au](mailto:kmather@gph.org.au)



## What's the process?

Apply before 2nd December 2023!

If your application is successful we will offer you a 30min interview late Mid December! It's a chance for us to get to know each other and for you to ask us heaps of questions!

**Applications  
close 2nd  
December 5pm!**



