



headspace Local Youth Reference Group Application Form

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

What is the headspace Local Youth Reference Group?

headspace is providing young people with the opportunity to be heard and be active around youth mental health and alcohol and other drug issues. There are a number of roles you can play in a **headspace local reference group**, including:

- Leading a project in your local area
- Supporting ongoing projects and/or activities in your local community
- Website consultation and development
- Evaluation of **headspace** services and/processes
- Consultation around resource development such as, factsheets, brochures, radio ads etc
- Media spokesperson

The YRG strive to:

- Ensure that **headspace** Wagga Wagga is providing “youth friendly” services in every way
- Provide input about the things that matter to young people
- Support the promotion of **headspace** programs and key messages
- Be active in the community in raising awareness about youth mental health

By getting involved you will:

- Have the opportunity to have your say and direct youth mental health services in your local area
- Develop new skills
- Meet and work with other young people who are passionate about youth mental health
- Make a difference to youth mental health in your local area

headspace will provide some training to support you to participate in the above groups or activities

How do I get involved?

Simply complete the application form and email it to sarah.groves@headspacewagga.org.au or you can post it to/drop it into our centre at **2/185 Morgan Street, Wagga Wagga, NSW 2650**. If you have any questions, please don't hesitate to contact Sarah on (02) 6923 3170.

Who can apply?

We are looking for anyone aged between 16 and 25 who is involved with their local **headspace** centre.

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

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.**



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So that we are able to make sure that you are getting the most out of the group, and that you're having fun, we would like to find out a bit about you!

Personal Details

Name

Phone

Email

Address

Date of Birth

Gender

What languages do you speak at home?

Where were you born?

Are you Aboriginal or Torres Strait Islander?

Are you from a rural or remote area?



About You

Please tell us a bit about yourself?

(For example: I am 15 years old, and attend alternative education centre 3 days a week, I like skate-boarding etc)

Please describe why you are interested in becoming a Youth Reference Group member?

(For example: I am passionate about youth issues, I want to improve help seeking behaviours in young people etc)

Are there any skills and ideas you could bring to the Youth Reference Group?

(For example: a youth-friendly resource idea, First Aid trained, graphic design skills, program idea for young men etc)

Are you involved in any other organisations? If yes, which ones and what is your involvement?