# hY NRG application form

Now that you’ve read the position description and FAQs you’re all ready to complete your application! Please submit this form **and** your resume by clicking ‘To Apply Click here’ on the website. You may answer the following questions in this form, or using any other format you wish like a video, or doing it over the phone. To complete over the phone or answer any questions contact the participation team on participation@headspace.org.au or call (03) 9027 0100 and ask for the Participation team .

**\*\*ALL INFORMATION PROVIDED WILL BE KEPT CONFIDENTIAL\*\***

|  |  |
| --- | --- |
| Preferred name |  |
| Email |  |
| Suburb and state you live in |  |
| Date of Birth |  |
| Mobile  |  |

*hY NRG is a representative group of young people from across Australia.*

*To ensure we have representation that reflects the diverse community we live in we ask the following questions.*

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| --- | --- |
| What headspace service are you connected with? This could be:* headspace Centre (include the name of centre)
* Digital work and study
* Eheadspace
* Other
 |  |
| What is your gender? |  |
| What are your pronouns?e.g. she/her, he/him, they/them  |  |
| Do you have any access or support requirements to participate in hY NRG? |  |
| Do you have lived experience with any of the following? *(answer with a yes or no)*  |
| * Living in a regional, rural or remote area?
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| * Coming from a refugee or migrant background?
 |  |
| * As an Aboriginal or Torres Strait Islander young person?
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| * As a young person who has had or has a mental health difficulty?
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| * As a young person living with a disability
 |  |
| * Any other relevant experiences…
 | *<add some detail here>* |

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| --- |
| Tell us a bit about yourself, what you do, and your interests… (approx. 150 words)*<include here how you are connected to a headspace centre or service>*  |
|  |
| Why would you like to be on hY NRG? (approx. 200 words) |
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| What skills and ideas could you bring to hY NRG and headspace? (approx. 200 words) |
|  |

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| Highlight or circle what type of headspace activities interest you: |
| * consulting on projects
 |
| * informing mental health policy
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| * sharing your story of lived experience in the media
 |
| * being a part of campaigns
 |
| * Other (let us know what that is here):
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| Are you involved with any youth or mental health other organisations? If so which ones and in what way? (approx. 200 words) |
|  |
| When times get tough for you, what sort of things do you do to look after your mental health and wellbeing?  |
|  |
| Is there anything else you’d like to tell us? Maybe you wanted to tell us something that doesn’t fit in the other questions?  |
|  |
| Being a part of hY NRG brings a lot of opportunities to share your personal story to the wider Australian community. **headspace** provides training and support to do this. It’s useful for us to know if this is something you’d be interested in?  |
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