



Applications are now open for the:

headspace Gosford and Lake Haven Youth Reference Group

Are you aged between 16 and 25 and live on the Central Coast? Do you have something to say about mental health, physical health and drug and alcohol issues for young people?

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 youth reference group**, including:

- Leading a project in your local area
- Website consultation and development
- Evaluation of local **headspace** services
- Consultation around resource development such as, factsheets, brochures, radio ads etc
- Peer support and mentoring
- Media spokesperson

By getting involved you will:

- Have the opportunity to have your say and directly influence youth mental health service provision
- Develop new skills
- Meet and work with other young people who are passionate about youth mental health
- Make a difference to in the lives of young people on the Coast

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

How do I get involved?

Complete the application form and email it to silas.pollard@health.nsw.gov.au

Feel free to ring Helen on 0434 567 265 if you have any questions.

APPLICATIONS CLOSE Monday 14th November 2016

Who can apply?

We are looking for local young people aged between 16 and 25 who have an interest in youth mental health.

We are looking for approximately 15 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 youth mental health issues

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



headspace
Gosford



headspace
Lake Haven

headspace Youth Reference Group application form

Personal Details

Name

Phone

Email

Address

Date of Birth

Sex

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?

Do you have a family member with a mental illness?

Do you identify as having/had a mental illness?

If yes, is this something that you would be happy (and feel comfortable) talking about?



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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?

What skills and ideas could you bring to the Youth Reference Group?

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



Please describe some of the mental health issues you think affect young people today?

Tell us about your ability to work as part of a team:

Do you see yourself as able to participate in a group consultation process, or will you need training to do this?

Tell us about the strategies you will use to balance schools/work/YRG commitments?

Will you be able to travel to and from meetings/events: YES NO
Are you able to work flexible hours? YES NO