



headspace Southport Youth Advisory Council

Are you aged between 16 and 25 and live on the Gold Coast?
Do you have something to say about health, mental health
and drug and alcohol issues or about being a young person
living on the Gold Coast?

What is the headspace Southport Youth Advisory Council?

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 the **headspace Southport Youth Advisory Council**, including:

- Planning and helping run youth events and other programs
- Evaluating and helping shape the delivery of **headspace** services
- Giving feedback and ideas on resources, policies and procedures
- Consulting on and helping develop social media platforms
- Speaking to groups of young people about **headspace**

By getting involved you will:

- Have your say and influence how **headspace Southport** runs
- Develop new skills, knowledge and self-confidence
- Work with others who are passionate and like-minded
- Create groups and experiences for young people to connect

headspace Southport will give you opportunities to participate in a range of training; design, coordinate and run projects and help improve skills and abilities that you would like to focus on.

How do I get involved?

Complete this application form and email it to
Belinda, Youth Projects and Events Coordinator
belinda.tessieri@headspacesouthport.org.au
Any questions? Please call (07) 5509 5900 or 0431 286 856

Who can apply?

We want you to apply if:

You are aged between 16 and 25

You feel passionate about and are interested in being involved in community awareness around mental health

You're available to regularly attend the Youth Advisory Council's meetings (fortnightly)

You may (or may not!) have had your own experiences of a mental health problem

You may (or may not!) have a friend or family member who has/or had a mental health problem

The group is also keen to hear the voices of Aboriginal and Torres Strait Islander young people, young people from diverse cultural backgrounds, sex, sexually and gender diverse young people and young people who have been homeless.

Youth Advisory Council Application Form

1. Personal and Contact Details

Name

Date of Birth

Phone

Email

Why are we asking the below questions? headspace Southport wants to provide and support the opportunity of young people from diverse communities to be involved with us. If you are uncomfortable with answering these questions, please just leave blank.

2. Please tick yes or no if you identify as the following:

- Yes No Aboriginal or Torres Strait Islander
Yes No LGBTIQAP+
Yes No Living with a Disability
Yes No Culturally or Linguistically Diverse

3. Mental Health Identity, Please circle Y or N (yes or no):

- Yes No Do you identify as having/had lived experience of mental health challenges?
Yes No Do you have a family member who identifies with having mental health challenges?
Yes No Is this something that you would be happy (and feel comfortable) talking about?

About You

These questions are designed to give us a little bit more information about you and why you want to be a part of headspace Southport's Youth Advisory Council.

4. Please tell us a bit about yourself? You can include any activities you're involved (work, study, sport, volunteer or social) in and would like to share with the Youth Advisory Council.

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

5. What skills and experiences can you offer the Youth Advisory Council?

(For example: I am super organised and enjoy planning things or I enjoy computers and playing around with graphics etc)

6. Are you comfortable working independently, as well as in a diverse team environment? Please describe any experience you have.

7. If you could be part of organising an event for young people on the Gold Coast (and money is no barrier) what would you want to do? (It's ok to get creative here!)

8. Please let us know if you are able to commit to the following:

- | | | |
|------------------------------|-----------------------------|---------------------------------|
| Yes <input type="checkbox"/> | No <input type="checkbox"/> | Fortnightly Meetings |
| Yes <input type="checkbox"/> | No <input type="checkbox"/> | Monthly service stall support |
| Yes <input type="checkbox"/> | No <input type="checkbox"/> | Occasional weekend event |
| Yes <input type="checkbox"/> | No <input type="checkbox"/> | Regular email/Whats App contact |

9. Would you like to provide further information on any unique experiences that you have lived through...

(This could include homelessness, alcohol and drug misuse, mental health issues, behavioural issues etc).

Thank you for taking the time to fill in this application form. Once received, Belinda the Youth Projects and Events Coordinator will be in contact with you and advise you of the next step in this application process. If you have any questions or comments, Belinda can be reached at **email** belinda.tessieri@headspacesouthport.org.au **phone** (07) 5509 5900 **mobile** 0431 286 586