##### ROLE DESCRIPTION

##### headspace Youth Advocate Member

You becoming a youth advocate means that you’re being part of the Youth Reference Group. It is a volunteered role that we as a headspace centre use to the fullest. Having youth involved in decision making, planning and creating awareness is important to us as youth are at the heart of our headspace model.

**Member Qualities**

As an individual:

* Young people must be aged between 15 and 25 years at the age of application (*can be negotiated if there is real interest for someone younger*)
* Have an interest and passion in mental health and/or alcohol and other drug issues for young people
* The ability to think about the big picture
* The ability to work in a team and participate in group discussions as well as working independently
* Motivation, willingness and commitment to participate on an ongoing basis
* Young people that have something to say about mental health and alcohol and other drug issues
* Good communication skills
* The ability to balance health (including mental health), other responsibilities like school/work/uni/family and the demands of the YRG position
* All members must have easy and regular access to the internet and phone

**Responsibilities**

* Participate in YRG meetings (monthly or fortnightly if there is something important coming up)
* Be prepared to undertake some training at about **headspace**, mental health, mental illness, talking to the media and other associated topics
* Be open and willing to participate in teleconferences, email and Facebook discussions
* Support local **headspace** activities
* Some young people may like to become community advocates for youth mental health which will: raise awareness of youth mental health, encourage young people to seek help early and to educate the broader community about youth mental health.
* Young people may be involved in community education activities, or as media spokespeople on the issue of youth mental health and well-being.
* Young people may speak at public functions or at local schools, mental health forums, conferences and the like.

**Time Commitment**

In between face to face meetings and events, contact will be maintained through a Facebook or SMS. It is expected that you maintain regular (at least once/fortnight) contact with the group.

**Benefits**

* Meet other young people passionate about youth mental health and well-being
* Receive training in mental health, alcohol and other drugs, media and relating to your specific interest area
* Develop a range of skills including working in groups, and representing the needs of your peers

**Training**

Training will be given in the following areas:

* What is **headspace**
* Mental health
* Talking to the media
* Speaking in public
* Other as related to interested area

**Reimbursements**

**headspace** will cover the following costs:

* All reasonable travel costs to attend face to face events
* A reimbursement will be given for attendance at face to face meetings.
* Speaking at events will be reimbursed at $20 per hour, with a minimum of two hours

**Other**

Parental (or Guardian) consent will be needed for young people under 18 years of age

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