

Youth Advocacy Group 2020

Position Description

Are you aged between 16 and 25? Do you have something to say about the mental health and wellbeing of young people in your community? If so, the headspace Werribee YAG may be right for you!

headspace Werribee

headspace is Australia's National Youth Mental Health Foundation, and was established in 2006 to support and empower young people aged 12-25 years. headspace is a vital support for over 100,000 young people nationwide & currently has over 100 centres nationally that work within the headspace framework and are managed by independent local youth services.

headspace Werribee opened its doors in February 2014 and provides mental health and wellbeing support to young people across the Wyndham and Hobsons Bay areas, and caters to the needs of its diverse community.

The Youth Advocacy Group


The YAG is a group of passionate young people who live, work or play in the Wyndham and Hobsons Bay areas. YAG Members assist with the community awareness and health promotion work of headspace Werribee in a voluntary capacity. This involves creating and leading projects at headspace Werribee and in the local community to engage young people and community members in respectful conversations about mental health, and to promote support seeking and self-care activities.

The YAG is split into three sub-committees:

- **The Programs Team**

- The Programs Team work on our school programs, and look into how we can best engage with school students. Past projects this team have worked on include:
 - Design and delivery of specialised school workshops
 - Development of school workshop evaluation tools
 - Engagement with students and schools

- **The Campaigns Team**

- The Campaigns Team work on our youth and community engagement programs, and plan events and activities to increase engagement in our local community. Past projects this team have worked on include:
 - Design and delivery of school holiday program
 - Delivery of fundraising events
 - Engagement with young people and community members
- 
- A large, abstract orange shape in the bottom left corner of the page.

• The Social Media & Marketing Team

- The Social Media & Marketing Team work on our communications and promotion in print form and on social media platforms. Past projects this team have worked on include:
 - Redesign of support service cards for young people
 - Redevelopment of centre pamphlets
 - Creation of social media content
 - Production of event flyers

Member Qualities

The group:

- All members must be aged between 16 and 25 years at the time of application
- YAG members will be a mix of ages, genders, cultures and backgrounds, and have diverse life experiences

The individual:

- Have an interest and passion around youth mental health and wellbeing
- Able to work in a team and participate in group discussions as well as work independently (and remotely)
- Motivated, willing and committed to participate on an ongoing basis
- Have good communication skills
- Able to balance health (including mental health), other responsibilities like school/work/uni/family and the demands of the YAG position
- All members must have easy and regular access to the internet and phone

Responsibilities:

- Participate in meetings on a three-weekly basis (Wednesday evenings)
- Learn more about headspace, mental health and wellbeing, local community organisations and/or other associated topics
- Participate in email, Slack and Facebook discussions
- Support local headspace activities

Tasks:

- YAG members may like to become active 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
- YAG members may be involved in community education activities, or as media spokespeople on the issue of youth mental health
- YAG members may speak at public functions or at local schools, mental health forums, conferences and the like
- YAG members are to complete a wellness plan and actively look after all aspects of their health

Who can apply?

We are looking for people aged between 16 and 25 who would like to be 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 or drug addiction,
- 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.

Time Commitment

In between face to face meetings and events, contact will be maintained through email, Slack (professional social media) and teleconferences. It is expected that you maintain regular (at least once a week) contact with the group.

YAG meetings and focus groups around specific topics may be held throughout the year and it is expected that the members will be involved in approximately 80 per cent of these each year. These groups may occur through teleconference, face to face, or through email surveys and web based discussion.

Benefits

- Gain knowledge and insight into youth mental health
- Meet with prominent leaders and like-minded advocates for youth mental health
- 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

Reimbursements

All reasonable travel costs, for distances greater than 20kms from headspace Werribee, as needed to attend face-to-face events and duties outside of the regular YAG meetings

Other

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



If you have any questions about joining the headspace Werribee YAG, please feel free to contact Tharindu Jayadeva (Community Awareness Officer) by calling 8001 2366, or by emailing tharindu.jayadeva@orygen.org.au.