

# Youth Action Force (YAF)



**Do you live, work or play in the City of Knox and/or Lilydale?  
Are you 16-25 and passionate about mental health and want to have your say?  
Then we want to hear from you!! For more info or to apply visit the headspace  
Knox website or email [jasmine.scampton@headspaceknox.com.au](mailto:jasmine.scampton@headspaceknox.com.au)**



**Download an application from our website**



## **What does it look like?**

- meeting in person/online once a month
- creating events and programs
- website & social media content creation
  - Amplifying the youth voice within the community
  - Research and evaluation of headspace services
- Consultation around resource development such as, factsheets, brochures, etc
  - Peer support and mentoring
- Smashing mental health stigma in the local community
- Strengthening mental health literacy for young people, their families and your local community
- Representing headspace Knox & Lilydale at a range of community events and presentations

