

# headspace Mount Gambier Youth Reference Group

## Volunteer information pack

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# headspace Mount Gambier Youth Reference Group

Are you aged between 12 and 25 and live in Mount Gambier? Do you have something to say about issues important to young people in the South East?

We are looking for young people from diverse backgrounds to form our Youth Reference Group. As a YRG member, you will have the opportunity to be heard and be active around youth mental health and other issues that are important to young people.

There are a number of roles you can play in the YRG, including:

- involvement in raising community awareness
- evaluating and improving how the centre is run
- participating in regular meetings
- consulting around resource development such as presentations, factsheets, brochures, posters, social media posts etc.
- planning projects & events
- promoting the headspace service in the community
- involvement in local events.

By getting involved you will:

- have the opportunity to have your say and direct youth mental health services in Mount Gambier
- develop new skills
- meet and work with other young people who are passionate about youth mental health
- make a difference to youth mental health.

## Who can apply?

All young people aged between 12 and 25 are welcome to apply.

## We want you to apply if:

You have experienced mental health problems.

You have supported someone who has experienced mental health problems.

You identify as Aboriginal or Torres Strait Islander

You have an interest in the mental health or community services field.

You people who identify as LGBTIQ+

You have experienced homelessness

# ROLE DESCRIPTION

## headspace Mount Gambier Youth Reference Group

### Member qualities

#### *As a group*

- All members must be aged between 12 and 25 years
- A mix of ages and genders
- Representation from Aboriginal and Torres Strait Islander backgrounds
- Representation from different cultural and language backgrounds
- A broad range of life experience, including LGBTIQ+ young people, experience of homelessness and history of experiencing or supporting someone with mental health issues.

#### *As an individual*

- Young people must be aged between 12 and 25 years at the age of application
- 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
- 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 at least 10 monthly meetings per year
- Communicate regularly with your supervisor and advise if you are unable to attend meetings or events
- Be prepared to undertake some training about headspace, mental health, mental illness, talking to the media and other associated topics
- Be open and willing to participate in teleconferences, email and other discussions
- Support local headspace activities
- Young people may be involved in community education activities, or as media spokespeople
- Public speaking opportunities at public functions, local schools, forums, conferences etc.
- Complete a wellness plan and actively look after all aspects of your health.

## Time Commitment

The appointment of Mount Gambier YRG members is minimum one year with the opportunity to rollover after a yearly review. Monthly meetings are held on Tuesdays from 5:00pm – 7:00pm.

In between meetings and events, contact will be maintained through email, online forums and text.

There will be an expectation that you participate regularly in these discussions. It will also be expected that you take part in project work related to your areas of interest.

This is a volunteer role and although you may be rewarded for some of the events, it is expected that you will also volunteer your time for subcommittees, projects and other events.

## Benefits

- meet other young people passionate about youth mental health and well-being
- receive training in mental health, alcohol and other drugs, public speaking, media and other topics relating to your specific interest area
- develop a range of skills including working in groups, and representing the needs of your peers
- the opportunity to have your say and direct youth mental health services in Mount Gambier.
- opportunities to represent the headspace youth national reference group (hYNRG)
- opportunity to experience the mental health and community services field in a volunteer capacity for young people interested in studying social work, psychology, youth work or other community service fields

## Reimbursements

headspace may cover the costs for reasonable travel requests to attend face to face events and may provide a gift to volunteers for recognition of participation.

## Other

Parental (or Guardian) consent will be needed for young people under 16 years of age.

If you are successful in the application process, a number of pre-commencement checks will need to be undertaken. This will be explained in more detail if you progress to the interview stage. Applicants will be asked to provide contact details for a referee after the interview stage.