



## Seeking Expressions of Interest— apply now

# headspace Gosford & Lake Haven Youth Reference Group

**Are you aged between 16 and 25 and live on the Central Coast? Do you want your voice heard about health, mental health and drug and alcohol issues for young people?**

**headspace Gosford and Lake Haven is looking for motivated young volunteers to join our Youth Reference Group to advocate for issues that are relevant and matter to them.**

### What is the headspace Gosford and Lake Haven Youth Reference Group ?

At **headspace** Gosford and Lake Haven we believe that youth participation is fundamental to the delivery of quality services for young people.

The Youth Reference Group (YRG) brings a youth perspective to service management and decision-making processes. The YRG is a group of young people **headspace** centres can consult with on topics such a quality of care, service delivery, community engagement and health promotion.

Being part of **headspace** Gosford and Lake Haven's YRG involves regular meetings and online Facebook contact, where you can have your say on what we do and how we do it! It may also involve participating in projects and attending community events.

**The members of the YRG do not get paid – this is a voluntary position.**

### By getting involved you will:

- Be a voice for young people on the Coast
- Receive training and develop new skills
- Meet and work with other young people who are passionate about youth mental health
- Receive **headspace** merchandise including T-shirt
- Gain experience to help with future career and study goals

### We are looking for young people aged between 16-25 years with:

1. Knowledge of youth mental health issues and a passion for advocating for a youth perspective within a mental health service.
2. The ability to contribute independently as well as collaborate with a diverse team and community members.
3. The ability to participate in consultation processes and provide input and feedback.
4. The ability to be available at flexible times, and manage time and personal responsibilities to undertake project work if agreed.
5. The ability to undertake local travel, and to travel to other locations within the District.

### Who can apply?

We are looking for young people aged between 16 and 25 that want to be involved with the **headspace** Gosford & Lake Haven centres. We have a number of YRG positions available.

### We want you to apply if:

You have had your own experience of feeling depressed, anxious or another mental health issue

AND/OR

You have a friend or family member who has/or had a mental illness or drug addiction

AND/OR

You feel passionate about and are interested in mental health issues

We are also keen to hear from Indigenous young people, young people from different cultural backgrounds, young people from rural and remote areas, gay, lesbian, bisexual and transgender young people and people who have been homeless.

### How to apply:

If you are interested in learning more about our YRG and wish to apply you can visit us on Facebook, call Silas on ..... or email [CCLHD-headspace-info@health.nsw.gov.au](mailto:CCLHD-headspace-info@health.nsw.gov.au)

## APPLICATIONS CLOSE MONDAY 23rd NOVEMBER 2016