

Applications are now open for the:

## headspace Community Network

Are you aged 26+ and live in Mackay? Do you have something to say about health, mental health, and drug and alcohol issues?

### What is the headspace Community Network?

headspace Mackay is providing people with the opportunity to be heard and be active around youth mental health, and alcohol and other drug issues. There are a number of roles you can play in a **headspace Community Network**, including:

- Leading a project in your local area
- Consultation around staff appointments
- Evaluation of **headspace** services
- Peer support and mentoring
- Media spokesperson

#### By getting involved you will:

- Have the opportunity to have your say and direct youth mental health services in Mackay
- Develop new skills
- Meet and work with other people who are passionate about youth mental health
- Make a difference to youth mental health
- Receive ongoing training

headspace will provide some training to support you to participate in the above groups or activities

### How do I get involved?

Complete the application form and you can either:

Email to [MKYheadspace@naphl.com.au](mailto:MKYheadspace@naphl.com.au)

Post to – headspace Mackay, PO Box 974, Mackay 4740

Hand in – 2<sup>nd</sup> Floor, 123 Victoria Street, Mackay 4740

If you would like further information please do not hesitate to call headspace Mackay on – (07) 4898 2200

### Who can apply?

We are looking for anyone aged 26+ 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/ or**

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

**you feel passionate about and are interested in mental health issues,**

The group is also keen to hear the voices of Indigenous people, people from different cultural backgrounds, people from rural and remote areas, gay, lesbian, bisexual and transgender people.

# headspace Community Network Application Form



## Personal Details

Name

Preferred name

Phone

Address

Date of Birth

Email

What languages do you speak at home?

Where were you born?

Cultural Identity

Are you Aboriginal or Torres Strait Islander?

Are you from a rural or remote area?

Do you have a family member with a mental illness?

Do you identify as having/had a mental illness?

Is this something that you would be happy (and feel comfortable) talking about?

## About You

Please tell us a bit about yourself?

*(For example: I am 41 years old, I have lived experience with mental health etc. Or, I am 27 years old, my 18-year-old sister is currently experiencing mental health problems etc.)*

Why do you want to be involved in headspace?

Please describe your areas of interest?

Are you involved in any other organisations? If yes, which ones and what is your involvement?

**P.T.O. TO FILL OUT THE PRIVACY CONSENT**

Is there anything else you would like to tell us?

Privacy Consent: By submitting this form, you are consenting to headspace collecting some of your private information. headspace will use this information to process your hCN application, and find out the best ways for you to be involved. While you don't have to share anything you don't want to, if you don't provide enough information we might not be able to contact you, or place you into for a group or activity that is a good fit for you. We will always keep your information secure and confidential, but if you want any more information on how we manage your private information, how to correct about any details we hold, or on how to complain about a privacy issue, please check our privacy policy at <https://www.tmm1.com.au/about-us/privacy-policy>.

Please tick if you agree with the above statement.