**Who can apply?**

We are looking for

anyone aged between 15 and 25 who is

involved or wants to be involved with their local

**headspace** centre.

We are looking for about 10 local young people to join the group.

We want you to apply any of the following apply to you:

**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 Aboriginal or Torres Strait Islander 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.

**Position Description**

**headspace Melton Youth Advisory Committee (YAC) Member**

**Member Qualities**

**As a group:**

* All members must be aged between 16 and 25 years at the age of application
* A mix of ages and gender
* Seek representation from Aboriginal and Torres Strait Islander backgrounds
* Seek representation from different cultural and language backgrounds
* A broad range of life experience, including LGBTQIA+, experience of homelessness and history of mental health and mental illness

**As an Individual:**

* Young people must be aged between 16 and 25 years at the time of applying
* 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
* Young people that 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 YAC position.
* All members must have easy and regular access to the internet and phone

**Responsibilities**

* Participate in meetings on a monthly basis
* Be prepared to undertake some training about **headspace** Melton, mental health, mental illness, substance use, talking to the media and other associated topics
* Be open and willing to participate in teleconferences, email and Facebook discussions
* Support local **headspace** Meltonactivities
* YAC members are active community advocates for youth mental health, which involves: raising awareness of youth mental health, encouraging young people to seek help early and educating the broader community about youth mental health.
* YAC members may be involved in community education activities, or as media spokespeople on the issue of youth mental health.
* YAC members may speak at public functions or at local schools, mental health forums, conferences and the like.
* YAC members are to complete a wellness plan and actively look after all aspects of their health.

**Time Commitments**

**headspace** Melton YAC may meet as often as once a month. The frequency, duration and dates of YAC meetings are subject to change depending on members’ availability and activities being conducted. All YAC members are required to regularly attend scheduled meetings.

**headspace** Melton YAC membership tenure is for 12 months. After 12 Months, YAC members can re-apply for an additional year of membership.

In between face to face activities and community events, the main point of contact will be via email. YAC members are expected to keep in regular contact with both the **headspace** Melton Community Awareness and Engagement Worker and fellow YAC members.

**Benefits**

• Meeting other young people passionate about youth mental health and well-being

• Training in mental health, alcohol and other drugs, media and, where possible, other areas of interest to you.

• Develop a range of skills including working in groups, working as part of the headspace team and representing the needs of your peers.

**Reimbursement**

**headspace** Melton YAC members will be provided with the necessary resources required to fulfil their roles and responsibilities as a YAC member.  They will be provided remuneration for travel expenses.

**Please direct any questions regarding the role or application process to Luke Hartley – Community Awareness and Engagement Officer P:8065 5600  
M:0466 851 086 E:LukeH@headspacemelton.org.au**

**Applications are now open for the:**

**headspace** **Melton Youth Advisory Committee**

**Who can apply?**

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anyone aged between 16 and 25 who is

involved or wants to be involved with their local

**headspace** centre.

We are looking for about 10 local young people to join the group.

We want you to apply if any of the following apply to you:

**you have had your own experiences of feeling depressed, anxious or just generally not feeling as good as you could;**

**you have a friend or family member who has, or has had, a mental illness or drug issues;**

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

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The group is also keen to hear the voices of Aboriginal or Torres Strait Islander 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.

**Are you aged between 16 and 25 and live in the Melton region? Do you have something to say about health, mental health and drug and alcohol issues?**

**What is the headspace Melton Youth Advisory Committee?**

**headspace** is providing young 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 local reference group**, including:

* Leading a project in your local area
* Evaluation of **headspace** services
* Consultation around programs and resource development such as, factsheets, brochures and ads
* Peer support and mentoring
* Media Spokesperson
* Website consultation and development

**By getting involved you will:**

* Have the opportunity to have your say and direct youth mental health services in Australia
* Develop new skills
* Meet and work with other young people who are passionate about youth mental health
* Make a difference to youth mental health

**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 email it to [**lukeh@headspacemelton.org.au**](mailto:lukeh@headspacemelton.org.au) or [**contact@headspacemelton.org.au**](mailto:contact@headspacemelton.org.au)

APPLICATIONS CLOSE ON OCTOBER 19TH.If you have any questions, please call Luke on 0466 851 086 or 8065 5600

**APPLICATIONS CLOSE OCTOBER 19TH 2018**

**(Interviews will be held TBA)**

**Monthly meetings will likely be held TBA**

**headspace youth advisory committee application form**

**Personal Details**

**Name**

**Phone**

**Email**

**Address**

**Date of Birth**

**Gender**

What languages do you speak at home?   
  
  
Where were you born?

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 feel comfortable talking about?

**About You**

**Please tell us a bit about yourself, such as your hobbies, what you do with your time or any plans you may have the future?**

*(For example: I am 16 years old, and attend alternative education centre 3 days a week, I like skate-boarding etc.)*

**Why do you want to be involved in headspace?**

**Can you please tell us why you are interesting in joining the headspace Melton Youth Advisory Committee?**

**What type of headspace activities would you like to be involved in?**

**Why do you think a group like headspace Melton Youth Advisory Committee is important?**

**What Skills and Ideas and you think you can bring to the headspace Melton YAC?**

**What areas of health and well-being for young people are of most interest to you?**

*Please circle or highlight*

**General health Mental health Sexual Health & Relationships Disability**

**Family / Carers Homelessness Alcohol/ Drugs Education & Training**

**Same Sex Attracted /Gender Questioning Refugee / Settlement / Cultural Diversity**

**Anything not mentioned here?**

**What sort of headspace projects and activities would you like to be involved in or see happening?**

*Please circle or highlight*

**Organising Events Education in Schools Community Education**

**Creation of Resources (Brochures, Newsletters) Public Speaking**

**Is there anything else you would like to tell us?**