



## headspace Bairnsdale Youth Advisory Group member qualities

### **As a group:**

- All members must be aged between 12 and 25 years at the age of application
- Representation from the East Gippsland region
- A mix of age and genders
- Representation from Aboriginal and Torres Strait Islander
- Representation from different cultural and language backgrounds
- A broad range of life experience, including disability, LGBTIQ+ young people, neurodiversity, experiences of homelessness and history of mental health or substance use 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 other issues facing young people in East Gippsland
- The ability to work in a team and actively contribute to group discussion as well as work independently
- Understand and have respect for the importance of diversity and acceptance
- Good communication skills
- The ability to balance health (including mental health), other responsibilities like school /work/study/family and the demands of the YAG position.
- Commit to attending and contributing to fortnightly, complete assigned tasks and occasionally attend activities or events outside of meeting times.
- Have a method to communicate with other YAG members and the YAG coordinator outside of meeting times.

### **Responsibilities:**

- Participate in regular meetings (2 hours per fortnight on Tuesdays from 5pm – 7pm)
- Be prepared to undertake some training about headspace, mental health and other related topics
- Support local headspace activities and represent headspace at community events
- Be willing to potentially speak at public functions and events or at local schools, forums and conferences.
- Follow health and safety directions of headspace staff
- Be a positive representative of headspace Bairnsdale and the young people in East Gippsland

### **Time commitment**

It is expected that you maintain regular contact with the group and outside of meetings and events. Focus groups, events and consultations will be held throughout the year and it is expected that the members will be involved in (at least) 4 of these a year.

*It is expected that Youth Advisory Group members commit to being part of the group for 12 months.*



## **Benefits**

- Meet other young people who are passionate about youth mental health and wellbeing
- Receive training opportunities (see below)
- Develop a range of skills including working in groups, public speaking, communication skills and representing the needs of your peers
- Make a meaningful and lasting contribution to your community
- Share in the decision-making process of headspace Bairnsdale's strategic direction and service development

## **Training opportunities**

- What is headspace?
- Teen Mental Health First Aid
- Active Bystander Training
- Other as related to areas of interest

## **Any questions?**

If you have any questions, please don't hesitate to contact Brydie at headspace Bairnsdale on 5141 6200 or [info@headspacebairnsdale.org.au](mailto:info@headspacebairnsdale.org.au)