

# headspace Cairns Family & Friends Reference Group

## Registration Pack

Are you above the age of 25 and living in the Cairns area? Do you have something to say about; health, mental health, drug and alcohol or social issues, or what it's like to be a young person in Cairns?

### What is the headspace Cairns Family & Friends Reference Group?

headspace Cairns believes in providing family and friends of those engaging with mental health services with the opportunity to be heard, and actively involved in addressing the issues that they believe are important to the young people they are supporting.

As a member of the headspace Cairns Family & Friends Reference Group you can do just this, by;

- Working with other people to plan and run events and activities for young people in the Cairns area
- Providing feedback and advice about how headspace Cairns works
- Helping to promote headspace Cairns and important youth issues in the local area.
- Providing ideas and feedback for headspace Cairns events, resources, policies and procedures

By getting involved you will get the opportunity to;

- Have your say on important issues and influence how headspace Cairns works
- Learn new skills, experiences new things and build self confidence
- Meet and work with other young people who are passionate about young people and our community

### Who can join?

The headspace Cairns Family & Friends reference group is open to those above the age of 25 who are passionate about the health and wellbeing of young people and getting involved at headspace Cairns. You may have had your own experience with mental health issues, seen a friend or family member struggle with mental health issues or simply be passionate about making a difference for young people in our community.

We want this group to represent the diversity of young people in our community. We would love to hear from all young people, including those who are; Aboriginal or Torres Strait Islander, from a different cultural background, are a part of the LGBTQIA+ community, or who have lived in a rural or remote area or experienced being homeless.

### How do I get involved?

Complete this form and email it to [info@headspacecairns.org.au](mailto:info@headspacecairns.org.au) or drop it into the headspace centre at Level 2, 42 Grafton Street, Cairns.

## FAQs

### 1. *What is the headspace Cairns Family & Friends Reference Group?*

The headspace Cairns Family & Friends Reference Group is a group of people (aged 25 and above) who are passionate about youth mental health.

The headspace Cairns Family & Friends Reference Group aims to:

- Provide young people with the opportunity to have input into the strategic direction of headspace Cairns.
- Allow young people to voice their opinions on the issues that are important to them.
- Provide young people with opportunities to develop new skills.
- Support local youth lead activities and projects.

### 2. *What is involved in the role?*

People who are members of the headspace Cairns Family & Friends Reference Group will have the opportunity to be involved in the day to day activities of headspace Cairns in a number of ways.

Including:

- Planning and supporting local youth events and activities
- Marketing, promotion and community awareness
- Developing programs and resources
- Evaluation and research
- Youth mental health policy development

By providing a range of activities and opportunities, we hope to make the most of the range of skills and interests different group members have and learn from each other along the way.

### 3. *What is the time commitment?*

As a member of the headspace Cairns Family & Friends Group you are expected to attend fortnightly meetings, at a time selected by the group. In between meetings and events, contact will be maintained by email and online forums where necessary. Extra meetings and planning session might also occur when working on a specific project or event. While we expect all members to make a genuine commitment to attending meetings, we understand that circumstances do change. However we ask that you let us know if you are unable to attend meetings for any reason.

# headspace Cairns YRG registration form

## Personal Information:

Name:

Phone Number:

Email:

Address:

Date of Birth:

Gender:

Where were you born?

What languages do you speak at home?

Are you Aboriginal or Torres Strait Islander?

Have you spent time living in a rural or remote area?

Has someone in your family experienced a mental health issues?

Do you identify as someone who has/has had a mental health issue?

If so is this something you would be happy (feel comfortable) talking about?

## Tell us a bit about you

Please tell us a bit about yourself?

(e.g. I am 30 years old, I'm a student at James Cook University, I love playing football etc.)

**Why do you want to be involved in the headspace Cairns Family & Friends Reference Group?**

**What types of activities are you most interested in being involved in?**

**What skills and/or experience would you like to gain from being part of the headspace Cairns Family & Friends Reference Group?**

**Are you involved as a volunteer with any other organisations?**

**If yes, which ones and what is your role?**

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

***Thank you for taking the time to complete this form.***

***Please return the completed form by emailing it to: [info@headspacecairns.org.au](mailto:info@headspacecairns.org.au) or dropping it in to the headspace centre at Level 2, 42 Grafton Street Cairns.***