



headspace

Bairnsdale

Street 171 Main St, Bairnsdale VIC 3875
Mail PO Box 677, Bairnsdale VIC 3875
Tel 03 5141 6200
headspace.org.au

We are looking for people to be part of the
headspace Bairnsdale
Youth Advisory Group (YAG)

Are you aged between 12 and 25 and live, work or study in East Gippsland? Do you have something to say about youth mental health?

What is the headspace local Youth Advisory Group?

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
- Website consultation and development
- Research and evaluation of **headspace** services
- Consultation around resource development such as, factsheets, brochures, radio ads etc
- Peer support and mentoring
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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

*** Applicants must have a current Working with Children's Check and must undergo a current and satisfactory police check**

How do I get involved?

Complete the application form below and send it to info@headspacebairnsdale.org.au or hand it in in person at 171 Main Street, Bairnsdale.

Who can apply?

We are looking for anyone aged between 12 and 25 who is involved with their local **headspace** centre. We want this group to be inclusive of ALL people.

We want you to apply if:

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 Indigenous 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.



headspace Bairnsdale Youth Advisory Group application form

Personal Details

Name

Phone

Email

Address

Date of Birth

Sex

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 health problem?

Do you identify as having/had a mental health problem?

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 15 years old, and attend alternative education centre 3 days a week, I like skate-boarding etc)

Please describe why you are interested in becoming a Youth Advisory Group member?

What skills and ideas could you bring to the Youth Advisory Group?

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