

Volunteer positions available at headspace.

Do you have an interest in mental health or alcohol and other drug issues for young people?

Then we could be looking for you!

headspace is looking for motivated young people to be the voice of young people and assist drive the work we do.

Applications are open to young people aged 12-25, living in Parramatta, Castle Hill, Penrith or Mount Druitt LGA's.

To apply head to
headspace.org.au/Parramatta
headspace.org.au/Penrith
headspace.org.au/MountDruitt

"I want to make a difference"



We're looking for
Youth Advisory
Committee Members



Role Description

headspace Youth Advisory Committee Member

Member Qualities

As a group members represent:

- Australian state and territories, metropolitan, rural and remote areas
- Young people of different ages and gender
- Aboriginal and Torres Strait Islander backgrounds
- Different cultural and language backgrounds
- A broad range of life experience, including same sex attracted young people, experience of homelessness
- and history of mental health and mental illness

As an individual 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
- 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
- Easy and regular access to the internet and phone
- Young people must be aged between 12 and 25 years at the time of application.

Responsibilities

- Participate in fortnightly meetings
- Be prepared to undertake some training at about **headspace**, mental health, mental illness, talking to the media and other associated topics
- Be open and willing to participate in teleconferences, email and Facebook discussions
- Support local **headspace** activities
- Some young people may like to become community advocates for youth mental health to raise awareness of youth mental health, encourage young people to seek help early and to educate the broader community about youth mental health
- Young people may be involved in community education activities, or as media spokespeople on the issue of youth mental health and well-being
- Young people may speak at public functions or at local schools, mental health forums, conferences and the like
- Complete a wellness plan and actively look after all aspects of your health.