



Applications are now open for the:

## headspace Narre Warren Youth Advisory Committee

Are you aged between 16 and 25 and live, work or study in the Casey and Cardinia region? Do you have something to say about youth mental health, and drug and alcohol issues?

### What is the headspace Youth Advisory Committee (YAC)?

**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 the **headspace Narre Warren YAC**, 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
- Speaking to the media

### 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 in the YAC role

### How do I get involved?

Complete the application form and email it to **requests@headspacenarre.com.au**

Or you can post it to:

66 Victor Crescent,  
Narre Warren  
Victoria 3805

### Who can apply?

We are looking for anyone aged between 16 and 25 who is interested in youth mental health

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 health issue**

**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

## Youth Advisory Committee Application Form

### Personal Details

Name

  

Phone

Email

Address

Date of Birth

Gender

Where were you born?

What languages do you speak at home?

Where were your parents born?

Are you Aboriginal or Torres Strait Islander?

Are you from a rural or remote area?

Have you had any experience with family/friends  
having/had a mental health issue?

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

Is this something that you would be happy  
(and feel comfortable) talking about? It's ok to say no..



## About You

Please tell us a bit about yourself:

*(For example: I attend alternative education centre 3 days a week, I like skate-boarding, I enjoy playing guitar etc)*

Why do you want to be involved in headspace?

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Please describe your areas of interest?



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

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

**Please provide contact details of two referees (can be work, school, or personal):**