



Volunteer Position Description

headspace Dandenong Youth Advisory Committee (YAC)

Member Qualities

The group should include:

- All members must be aged between 16 and 25 years at the age of application
- A mix of ages and gender
- Representation from Aboriginal and Torres Strait Islander backgrounds
- Representation from different cultural and language backgrounds
- A broad range of life experience, including same sex attracted young people, experience of homelessness, substance use or misuse and/or history of mental health and mental illness

As an individual you should 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
- All members must have easy and regular access to the internet and phone

Responsibilities

- Participate in monthly meetings
- Be prepared to undertake some training 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 **headspace Dandenong** activities
- Some young people may like to become community advocates for youth mental health which will: raise awareness of youth mental health, encourage young people to seek help early and to educate the broader community about youth mental health.
- Members 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

Time Commitment

In between face to face meetings and events, contact will be maintained through email, Facebook and teleconferences. It is expected that you maintain regular (at least once a fortnight) contact with the group.

Focus groups around specific topics will be held throughout the year and it is expected that the members will be involved in (at least) two of these a year. These groups may occur through teleconference, face to face, or through email surveys and web based discussion.

Benefits

- Meet other young people passionate about youth mental health and well-being
- Receive training in mental health, alcohol and other drugs, media and relating to your specific interest area of interest
- Develop a range of skills including working in groups, and representing the needs of your peers

Training

Training will be given in the following areas:

- What is **headspace**
- Mental health
- Substance use
- Talking to the media
- Speaking in public
- Other as related to interested area

Other

Parental (or Guardian) consent will be needed for young people under 18 years of age

