

# Headspace Geelong Youth Future Crew application form

## Personal Details

Name

Phone

Email

Address

Date of Birth

Sex

What languages do you speak at home?

Where were you born?

Where were your parents 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 illness?

Do you identify as having/had a mental illness?

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 your areas of interest and what you might contribute to the YFC?

**If you have experienced a mental health or wellbeing issue would you be comfortable talking about your experiences in a public forum (for example at information evenings or for the media)? And if so, what issues specifically are you most comfortable talking about (e.g. your experience with mental illness, advocating for a campaign, promoting headspace, the importance of maintaining a positive wellbeing etc.)**

## Wellness Plan

The term 'wellness' is used to indicate that at **headspace** we view health as more than an absence of illness. Wellness is a holistic approach to health - it's about emotional, social and physical health.

**Team Member's Details** (*name, address, phones, email*)

**Who would you like us to contact if we are worried about you or you need some support?**  
(*name, phone, relationship to team member*)

**Case Manager and Doctor's Details** (*names, phone numbers, service*)

If we are very worried about you, we might need to contact your case manager or doctor if you have one. We will always try to ask you about doing this before we contact them.

**Things to watch out for and how we can help.**

*What are some of the things that might help you to stay well?*

*How can we support you when things are difficult?*

It is important to realise that people have different perceptions of wellness. A person's state of wellness can impact on their ability to participate in a group like the **headspace** Youth Reference Group. Sometimes this may mean that we have to ask you to take a break. This is likely to be a rare event but it is important that everyone understands this.

Signature of Team Member

Name:

Signature of Staff Member

Name:

Date: