



# headspace Northam

## Youth Reference Group

**Are you aged between 15 and 25?**

**Do you live in Northam or the surrounding communities?**

**Do you have something to say about health, mental health or drug and alcohol issues?**

**headspace** Northam is a free and confidential service that provides support to young people aged 12-25 with health and wellbeing services. To make sure we are providing the right kind of support for local young people, we need to hear the views and opinions of young people. There are a number of roles you can play in our **Youth Reference Group**, including:

- Promoting headspace in your local area
- Input to the Website and Facebook page
- Representing **headspace** Northam at local events
- Providing feedback about how we can improve the help we offer to young people.
- Talking to the media and community about mental health and **headspace**.

**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 improving the lives of young people
- Make a difference to youth mental health

**headspace** Northam will provide training to support you in these activities. We'll also be flexible around how you can be involved (e.g. meetings / Facebook / email / events).

### How do I get involved?

Fill in the Expression of Interest form and email it to **reception@headspacenortham.com.au**

OR post to 98 Fitzgerald Street East, Northam WA 6401

OR call 9621 5000 and ask to speak with us or set up a time for a face to face chat.

### Who can apply?

We are looking for anyone aged between 16 and 25.  
We are looking for about 6-7 local young people to join the group.

We want you to apply if:

**You have had your own experiences of feeling depressed, anxious or other 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 Aboriginal 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.



## Youth Reference Group Expression of Interest

### Personal Details

Name: \_\_\_\_\_

Pronouns (optional): \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_

**I'm interested in the Youth Reference Group because...**

**The YRG is looking to improve diversity, what lived experience or other experiences do you have that could contribute towards this? (e.g. LGBTIQ+, Culturally and Linguistically Diverse, Aboriginal and Torres Strait Islander, disability etc.)**