




headspace
Canberra

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Applications are now open for the:

headspace Canberra Youth Ambassadors

Are you aged between 18 and 28 and live in the ACT or surrounds? Do you want to reduce the stigma surrounding Mental Health?

What are the headspace Canberra Youth Ambassadors?

headspace Canberra is seeking a diverse team of young people to present workshops about mental health and headspace in schools and sports clubs and other venues. You must currently be enrolled in university, CIT/TAFE, and/or a sports club.

The Youth Ambassadors program provides young people with the opportunity to be heard and be active around youth mental health. There are two key roles you can play as a **headspace Canberra Youth Ambassador**:

- Presenting workshops to young people and the community about mental health issues or;
- Coordination and management of headspace Canberra Youth Ambassadors Program and workshops

By getting involved you will:

- Develop and foster leadership, communication and advocacy skills
- Meet and work with other young people who are passionate about youth mental health
- Make a difference to youth mental health by providing relevant information and workshops.

headspace Canberra will provide training to support you to participate in the above role.

How do I get involved?

Application packs available by contacting headspace by email on info@headspacecanberra.org.au or pick one up at headspace Canberra

Complete the application form and email it with your CV to info@headspacecanberra.org.au

Or you can post it to Level B, Building 18, University of Canberra, 170 Hayden Drive, Bruce, ACT 2601.

If you require any further information, you can call us on 6201 5343

APPLICATIONS CLOSE 14 January 2019
INTERVIEWS WILL RUN MID JANUARY 2019
INITIAL MEETING WILL BE HELD MID FEBRUARY 2019

Who can apply?

We are looking for anyone aged between 18 and 28 to be involved with their local headspace centre. We are looking for about 10 - 15 local young people to join the group.

We want you to apply if:

you have had your own experiences of feeling depressed, anxious or experienced other mental health issues

or

you have a friend or family member who has/or had a mental illness or drug misuse concerns

or

you feel passionate about and are interested in mental health issues

We are also keen to hear the voices of Indigenous young people, young people from different cultural backgrounds, gay, lesbian, bisexual and transgender young people and young people who have been or are homeless.

