




**headspace**  
Canberra

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[headspace.org.au](http://headspace.org.au)

Applications are now open for the:

## headspace Canberra Youth Reference Group (YRG)

Are you aged between 16 and 25 and live in the ACT or surrounds? Do you have something to say about health, mental health and drug and alcohol issues?

### What is the headspace Canberra YRG?

headspace Canberra 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 a headspace Canberra YRG, including:

- Chairing monthly meetings, agenda and minute taking
- Leading a project in your local area
- Social media consultation and development
- Review and development of headspace Canberra services
- Participation in Community Awareness Events
- Young People participation in media
- Peer support and mentoring

### By getting involved you will:

- Develop new skills
- Meet and work with other young people who are passionate about youth mental health
- Make a difference to youth mental health by having your say

headspace Canberra will provide some training to support you to participate in the above group and/or activities.

### How do I get involved?

Application packs available by contacting headspace by email on [info@headspacecanberra.org.au](mailto: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](mailto:info@headspacecanberra.org.au)

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

Applications close 7th January 2019

Interviews will run in late January 2019

### Who can apply?

We are looking for anyone aged between 16 and 25 to be involved with their local headspace centre. We are looking for about 10 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 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**

The group is 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 who are homeless.

