

youth reference group

Application Form

Are you aged between 16 and 25 and live in Australia?
Do you have something to say about physical health, mental health and drug and alcohol issues?

What is the headspace Nundah Youth Reference Group?

headspace 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 the headspace Nundah youth reference group, including:

- Leading a project in your local area
- Website consultation and development
- Research and evaluation of headspace services
- Consultation around resource development such as, factsheets, brochures, radio ads etc
- Peer support and mentoring
- Media Spokesperson

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 youth mental health
- Make a difference to youth mental health

headspace will provide training to support you to participate in the above groups or activities

Who can apply?

We are looking for anyone aged between 16 and 25 who is involved with their local headspace centre or wants to get involved with their local centre.

We want you to apply if:

- You have had your own experiences of feeling depressed, anxious or another 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 Indigenous 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.

How do I get involved?

Complete the application form and email it to headspace.Nundah@aftercare.com.au or post it to 1264 Sandgate Rd, Nundah QLD 4012.

If you have any questions about the Youth Reference Group, send an email to headspace.Nundah@aftercare.com.au or call us on (07) 3370 3900 and ask to speak to our Community Engagement Coordinator.

Personal Details

(if completing this form on your computer, you can replace the lines with your answers, and highlight your answers to the multiple choice questions below)

Name: _____

Date of Birth: ____/____/____ Gender: _____

Phone: _____ Email: _____

Address: _____

What languages do you speak at home?

Where were you born?

Do you identify as Aboriginal or Torres Strait Islander?

- Yes, Aboriginal
- Yes, Torres Strait Islander
- Yes, both Aboriginal and Torres Strait Islander
- No

Are you from a rural or remote area?

- Yes
- No

Do you identify as having/had experience with mental ill-health?

- Yes
- No

Do you have a family member with experience of mental ill-health?

- Yes
- No

Would you be happy (and feel comfortable) talking about these experiences?

- Yes
- No

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 why you are interested in becoming a Youth Reference Group member?

What skills and ideas could you bring to the Youth Reference Group?

Are you involved in any other organisations? If yes, which ones and what is your involvement?