



headspace
Bondi Junction

Applications are now open for the:

headspace Bondi Junction Youth Reference Group (YRG)

What is headspace and the YRG?

headspace Bondi Junction supports people aged 12-25 with mental health, physical health, alcohol or drugs and vocational services.

The YRG provides an opportunity to be a voice for youth mental health. The group is a diverse team of young people providing consultation and guidance to **headspace Bondi Junction** to maintain our centre's youth focus.

Projects include:

- ◆ Promoting headspace services through visiting community events, schools and universities
- ◆ Social media consulting and content creation
- ◆ Contributing to the strategic direction of headspace services, resource development and centre processes
- ◆ Collaborating with local organisations and community members to plan events and deliver programs and services
- ◆ Assisting young people, family and friends access youth specific information and headspace services

By getting involved you will:

- ◆ Be provided with training to support projects
- ◆ Develop new skills including public speaking, teamwork and leadership
- ◆ Meet and work with other passionate young people
- ◆ Create meaningful social change to youth mental health
- ◆ Influence and support the running of the headspace centre

This is a voluntary position and meetings are on the second and fourth Wednesday of each month, from 5.30pm—7pm

How do I get involved?

View the role description and access the application form [here](#).
Submit your application form to the email address listed below.

Eligibility Criteria:

- ✓ Interested in mental health and wellbeing
- ✓ Aged between 16 and 23 and live, work, study or play in the Eastern Suburbs
- ✓ Have something to say about health, mental health, drug & alcohol issues and vocational/education support



For more information contact **Katerina** via email:

katerina.sotiropoulos@health.nsw.gov.au, or phone: 9366 8800

Applications close 9am Friday the 6th of May 2022