

## **Applications are now open for the:**

headspace Gosford, Lake Haven and Wyong  
Family & Friends Reference Group

- At headspace Gosford, Lake Haven and Wyong we believe that family and friend participation is fundamental to the delivery of quality services for young people.
- Are you a family member/carer or friend of a young person who is or has accessed support from a headspace centre and are passionate about advocating for Youth Mental Health?
- Do you want your voice to be heard about health, mental health and drug and alcohol issues for young people?
- headspace Gosford, Lake Haven and Wyong are looking for motivated volunteers who are interested in our upcoming Family & Friends Reference Group to advocate for issues that are relevant and matter to them.

### **What is the headspace Gosford, Lake Haven and headspace Wyong Family & Friends Reference Group?**

- The Family & Friends Reference Group (FFRG) brings a family perspective to service management and decision-making processes. The FFRG is a group of people who headspace centres can consult with on topics such as a quality of care, service delivery and family involvement.

**The members of the FFRG do not get paid – this is a voluntary position.**

### **By getting involved you will:**

- Be a voice for family/carers and friends of Young People who have an are attending headspace centres
- Receive training and develop new skills
- Meet and work with other people who are passionate about youth mental health
- Advocate for the support of family and friends in youth mental health
- Have the opportunity to provide feedback and engage with the headspace consortium

### **We are looking for people Family members/ carers and friends with:**

1. Knowledge of youth mental health issues and a passion for advocating for a family/carers and friends' perspective within a mental health service.
2. The ability to contribute independently as well as collaborate with a diverse team and community members.
3. The ability to participate in consultation processes and provide input and feedback.
4. The ability to be available at flexible times, and manage time and personal responsibilities to undertake project work if agreed.

## Training

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

## How do I get involved?

Please complete the below application form by the 15th of February and email it to [kim.cardile@health.nsw.gov.au](mailto:kim.cardile@health.nsw.gov.au)

For further information please contact Kim Cardile Centre Manager on 4394 9100.

## Application Form

### Personal Details

Name	<input type="text"/>
Phone	<input type="text"/>
Email	<input type="text"/>
Address	<input type="text"/> <input type="text"/>
Are you over 16 years of age	Yes or No <input type="text"/>

Please check the relevant boxes as it applies to you

- Do you identify as Aboriginal ☐ or Torres Strait Islander ☐ or both? ☐
- Do you identify as having a background that is culturally and linguistically diverse? ☐
- Do you have a family member who has experienced or impacted by Mental Health, Health or Alcohol and or Drug issue? ☐

**Can you please tell us about your experiences of supporting a young person who has attended headspace?**

**Please describe why you are interested in becoming a Family & Friends Reference Group member? What are you open to giving to the group and what do you hope to gain from your participation?**

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

**Please describe some of the mental health issues you think affect young people today?**

**Please describe some of the key issues affecting family and friends supporting a young person with a mental health problem**

Due to the current COVID situation and in the interest of looking after everyone's health and wellbeing we will only be able to offer meeting via remote or virtual access.

**Are you able to attend meetings via teleconference or Microsoft Teams**

Yes ☐ No ☐

Please email completed applications by the 15<sup>th</sup> of February to Kim Cardile Centre Manager: [kim.cardile@health.nsw.gov.au](mailto:kim.cardile@health.nsw.gov.au)