



## headspace Knox Youth Action Force is recruiting!

headspace Knox is providing young people with the opportunity to be heard and be active around youth mental health. By getting involved you will have the opportunity to have your say and direct youth mental health services in Australia, develop new skills, and meet and work with other young people who are passionate about youth mental health.



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, same sex attracted and gender diverse young people and young people who have been homeless.

As a YAF member, you will join others and participate in monthly meetings, undertake some training about **headspace**, mental health, and mental illness, and support local **headspace** activities. Members can be involved in community education activities, such as speaking at public functions or at local schools, and fundraising for community support.

Additional opportunities allow YAF members to build on their passion for mental health. By becoming *community advocates*, members help to raise awareness of youth mental health, encourage young people to seek help early, and educate the broader community about youth mental health.

**headspace Knox** is looking for young people between the ages of 16 and 25 to join the Knox Youth Action Force. Applicants should display an interest in youth mental health, an ability to work as part of an established and passionate team, and the motivation and commitment to make a difference. Interested?

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