

Information sheet: Youth Mental Health Steering Group

The **City of Kwinana** has received funding from the WA Primary Healthcare Alliance (WAPHA) to deliver projects that build awareness of **youth mental health**, focus on enhancing connection, increase belonging and reduce stigma related to poor mental health whilst amplifying the youth voice by creating a platform for young people to be heard

It is important that young people are involved at every step of the way, so we are recruiting 6 to 10 young people aged 14 to 24 with from all backgrounds to join a Youth Steering Group (YSG). The YSG will help design and deliver the project over the next six to twelve months (and may go longer than this).

What you will do as part of the Youth Steering Group

As a member of the youth steering group, you will help us decide what projects we should use the funding on to support youth mental health in the area. You may also help us deliver some of these project.

It is a unique opportunity to develop your experience and skills as a changemaker in your local community, as well as help the City understand the issues that are important to young people on this topic.

Your commitment

As a member of the youth steering group, we would like you to be attend the first meeting on 24th August. We will also hold regular meetings, on to be decided by our young people. The frequency will be decided in collaboration with the group.

We will aim to be as **flexible as possible**, giving you options to attend in person, participate online if needed and we will also be mindful of busy periods in your life, such as exams, cultural holidays etc. and plan around those.

What do you receive as part of the YSG

As a Youth Steering Group member, you will be reimbursed for your time and receive \$20 per session that you attend. In addition, we will provide training and support your skills development. If you are at high school, participation in this project can form part of your community service hours. You will receive food and drinks at all of the sessions. We can also provide a certificate of at the end of your work, and you are able to list this role on your resume.

Who is eligible to be a part of the YSG?

To be eligible you must meet all the following criteria:

- Be between 14 and 24 years old (when you apply)

- Live, work, study, volunteer or attend an organisation in the City of Kwinana (if you do not meet these criteria but you spend a considerable amount of time in the City, then your application may be considered)
- Have support networks in place that will enable you to participate in a group where we may speak about sensitive topics
- Be willing to apply for a Working with Children Check if you are aged 18 or over (the application fee will be paid for, and we will help you with this process)
- Have parent/guardian consent to participate if you are under the age of 18

How to apply

To apply to be part of the Youth Steering Group, please complete either the paper application form and email it to youth@kwinana.wa.gov.au or complete the online form **<insert survey link>** by 12th August.

You can have someone help you fill out the application (such as a youth worker, teacher, coach, elder, family member). You can also call Kwinana Youth Services on 9236 4556 to go through the form on the phone if you prefer.

Nothing about us without us

We want the Youth Steering Group to be representative of diverse young people, who are interested in being a change agent to good mental health outcomes in the City of Kwinana community, . We strongly encourage applications from people of colour, those who identify as LGBTIQ+, people living with disability, Aboriginal and Torres Strait Islander people, people from culturally diverse, refugee and migrant backgrounds and those with lived experience.