**Role Description**

**headspace Family and Friends Committee**

**What is the Family and Friends Committee (FAFC)?**

The FAFC is a diverse group of volunteers that provide consultation and guidance to **headspace** staff around the engagement of family members and friends of young people in the community. Along with the Youth Advisory Committee (YAC) the FAFC assist with guiding the direction of **headspace** Penrith, particularly around increasing the engagement of family and friends in the community, and providing better support to carers of young people accessing **headspace** services.

The aim of the FAFC is to give those that support and care for young people in the community the opportunity to provide feedback and input into the strategic direction of **headspace** Penrith. The FAFC will be involved in the development of projects in the local community and within **headspace** to make our service more family-friendly.

**Responsibilities of the FAFC**

* Participate in bi-monthly meetings
* Provide advice and feedback around the strategic direction and development of **headspace** services
* Be involved in the improvement and evaluation of **headspace** services
* Be involved in the development and delivery of community awareness projects and campaigns focused around reducing stigma and increasing mental health literacy in the local community
* Develop projects that will increase the engagement of families in the community to better support young people in accessing headspace services
* Represent the needs of family and friends in **headspace** leadership meetings, team meetings, and consortium/partnership meetings
* Undertake training about **headspace**, youth mental health, and other associated topics

**As an individual you will:**

* Have experience supporting or caring for a young person on their mental health recovery journey
* Be passionate about youth mental health and improving youth mental health services
* The ability to work in a team and participate in group discussion as well as working independently
* The ability to balance personal responsibilities with the demands of the FAFC position
* Have the motivation, willingness, and commitment to participate and respond to communications on an ongoing basis
* Be willing to talk about youth mental health issues
* Have reliable access to the internet