



## BEING Youth Committee (BYC) seeking

### Expressions of Interest

#### Who are we?

BEING is the independent, NSW peak organisation for people with lived/living experience of mental health issues and suicidal thoughts.

Our primary focus is to ensure the voices of people with mental health issues are heard by decision makers, service providers, and the community. With a long-standing history of operation, BEING is in a unique position to influence NSW policy, legislation, and service delivery, to improve the outcomes for the communities we serve by providing advice to the mental health sector on people's views and experiences of the way mental health services are delivered. We support people to advocate and provide input into decision making at all levels through co-design processes and peer-led activities.

BEING has a strong focus on human rights, and as such advocates for the rights of people with mental health issues and suicidal thoughts to live and participate in the communities they choose. We are a value-based organisation whose work is underpinned by Recovery-Oriented and Trauma-Informed principles including respect, social justice, and transparency, and a belief that recovery is possible for every individual.

BEING engages with their members, Government, Community Managed Organisations, and the community through the provision of resources and information, consultations and submissions, research and evaluation, and education and training.

BEING Youth Committee (BYC) BEING understand that many young people feel excluded, disempowered or unheard in the current mental health and suicide prevention landscape. Our vision is to make young people with mental health issues and suicidal thoughts feel heard and empower young people (like you) to be part of the discussion on mental health.

The BEING Youth Committee (BYC) will target the real-life experiences of young people with mental health issues and suicidal thoughts. As an advisory group the BYC will look at all aspects of the work of Being and advise on important project work, policy, system reform, and advocacy needed to bring about change for young people across NSW.

#### Being youth committee (BYC)

Through monthly meetings, the BYC will discuss all aspects of how mental health impacts young people and create strategies that improve systems that dismantle the stigma which young people face.

#### About you

The BYC is looking for young people who experience mental health issues and suicidal thoughts, and who are keen to provide an active voice/perspective to address key issues affecting young people who live with mental health issues and suicidal thoughts.



To join the BYC, you must meet the following eligibility criteria:

- Be between 16 and 25 years old;
- Have a lived experience with mental illness;
- Must be comfortable with identifying as having a lived/living experience of mental health issues or suicidal thoughts as part of the committee work;
- Have the ability to attend monthly meetings at our offices in Woolloomooloo;
- Adhere to our values of respect, social equity and a belief in recovery for all;
- Most importantly, be someone passionate about improving the lives of people with a living experience of mental health issues and emotional distress!

If this sounds like you, please complete the attached Expression of Interest form and email [communications@being.org.au](mailto:communications@being.org.au)

For further information please contact 1300234640

Applications close on 31 October 2019



Speaking out for people with  
mental health issues in NSW

## **BEING Youth Committee (BYC)**

### **Expression of Interest form**

**Name:**

**Age:**

**Phone no.:**

**Email:**

**Address:**

**Occupation:**

**1. Tell us a bit about yourself:**

**2. Tell us a little about why you want to become a member of the Being Youth Committee (BYC)? Are you comfortable with sharing your story/journey with mental health issues?**

**3. Are you involved in any other mental health work or committee's specific to the youth sector? If so, please give some further details.**

**4. At times there are opportunities for committee members to publicly share their story/journey with mental health issues, suicidal thoughts, and/or recovery. Would you be comfortable with sharing your personal story/journey with mental health issues publicly and if so, what elements would you be willing to share?**



**5. What are the top 5 key issues you would like to raise if you are successful in becoming a BYC member?**

**6. We would like to ensure that we have a diverse group of people on the committee. Do you identify as representing a diverse community such as Aboriginal, LGBTI or Cultural and Linguistic communities? If so, please provide further information about the community you represent.**

**We thank you for your interest in being a member of the BYC.**

**We will be back to you shortly once all applications have been received.**