



We are seeking expressions of interest for the

BEING – Mental Health Consumers Youth Committee

Applications now open. This is a paid opportunity.

To be considered you must identify as:

- Have lived/living experience of mental health issues, mental distress and/or suicidal ideation or attempts
- Be between 16 and 25-years-old
- Live in New South Wales

Who are we?

BEING – Mental Health Consumers is the independent, state-wide, peak organisation representing the views, perspectives and experiences of people who live with mental health issues in NSW.

The core work of BEING – Mental Health Consumers is to collaborate with mental health consumers across NSW to achieve and support systemic change. We do this through consumer consultation and co-design, as well as collaborative and responsive policy advocacy work. This includes writing submissions, participating in committees, and providing input and advice to government and other organisations working in the mental health sector.

BEING – Mental Health Consumers has a strong focus on human rights and advocates for the rights of people living 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, transparency, and a belief that recovery is possible for every individual.

Purpose of the BEING – Mental Health Consumers Youth Committee

BEING – Mental Health Consumers recognises the importance of including consumer voices in the design and development of the services we operate and view our members as intrinsic to the advocacy work we undertake in influencing policy and services design for people living with mental health issues.

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 – Mental Health Consumers Youth Committee will target the real-life experiences of young people with mental health issues and suicidal thoughts.

As an advisory group, the BEING – Mental Health Consumers Youth Committee will look at all aspects of the work of BEING – Mental Health Consumers Inc. and advise on important

project work, policy, system reform, and advocacy needed to bring about change for young people across NSW.

Through monthly meetings, the BEING – Mental Health Consumers Youth Committee 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.

Payment

Payment for attendance will be at a rate of \$110 for half-day meetings and \$220 for full-day meetings. As most meetings will be around two hours in duration, a half-day fee will be paid to cover costs for reading of papers and attendance.

Meetings

The BEING – Mental Health Consumers Youth Committee will meet once per month. The first meeting will be determined after the committee has been selected.

Due to COVID-19 and the need to work remotely at present, members of the committee will be required to have a computer/laptop and reliable internet connection.

Please note that some meetings may be converted to working group meetings as per the needs of the organisation.

Selection criteria and eligibility

To join the BEING – Mental Health Consumers Youth Committee, you must meet the following eligibility criteria:

- Be between 16 and 25 years old
- Live in NSW
- Have lived/living experience of mental health issues, mental distress and/or suicidal ideation or attempts
- Are comfortable with publicly identifying as having lived/living experience of mental health issues, mental distress and/or suicidal ideation or attempts
- Can attend monthly online meetings via Zoom
- Adhere to our values of respect and dignity for all to enable inclusion, social justice and equity to ensure participation and belief in recover to make it possible for every individual to recover
- Most importantly, be someone passionate about improving the lives of young people with a lived/living experience of mental health issues across NSW.
- BEING – Mental Health Consumers Inc. welcomes applications from people from diverse backgrounds and encourages Aboriginal and Torres Strait Islander people, LGBTIQ+, people with disability, and people from culturally diverse backgrounds to apply for this role

Application process

If you would like to apply for a position with the BEING – Mental Health Consumers Youth Committee, please provide your expression of interest in an email or attached as a word document and address the following:

- Your name, suburb, email and phone contact details
- Are you a current member of BEING – Mental Health Consumers? (desirable though not essential)
- A brief outline about why you would like to be involved in the BEING – Mental Health Consumers Youth Committee
- Any relevant previous experience with individual or systemic advocacy, committee or board work
- A brief summary of your lived experience of mental health issues

Please submit your expression of interest by 30 April 2021 to info@being.org.au