



BEING Youth Committee (BYC) seeking

Expressions of Interest

Who are we?

BEING – Mental Health Consumers Inc. is the independent peak organisation for people with lived/living experience of mental health issues in NSW.

BEING – Mental Health Consumers Inc.'s core work is to collaborate with mental health consumers across NSW to achieve and support systemic change through consumer consultation and co-design as well as collaborative and responsive policy advocacy work, including 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 Inc. has a strong focus on human rights and 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.

What is the BEING Youth Committee?

BEING – Mental Health Consumers Inc. understands 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 will target the real-life experiences of young people with mental health issues and suicidal thoughts. As an advisory group, the BEING 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 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.

About you

The BYC is looking for young people who have lived/living experience of mental health issues, mental distress and/or suicidal ideation or attempts who are keen to provide an active perspective to address key mental health concerns affecting young people in NSW.

To join the BYC, 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.

If this sounds like you, please complete the attached Expression of Interest form and email communications@being.org.au

For further information please contact 1300 234 640

Applications will be reviewed on a first in basis



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)?

3. Are you comfortable with publicly sharing your story/journey of living with mental health issues, mental distress and/or suicidal ideation/attempts?

