Are you interested?

If you’re interested in getting involved with headspace youth peer support workers please contact our friendly team.

Contact headspace

You can email headspaceYP@alfred.org.au or call the headspace centre closest to you below.

"I am a lot more confident in my abilities after seeing my strengths"
At headspace, support groups are groups of young people who gather to share lived experience of mental health challenges.

In a support group, people are able to talk with others who are like themselves, people who truly understand what they’re going through and can share the type of practical insights that can only come from firsthand experience.

Support groups are made up of:

- Peers—people who are all directly affected by a particular issue; and
- A professional or volunteer discussion leader

headspace youth peer support workers facilitate some of our peer support groups.

What are peer support groups?

Who is a youth peer support worker?

A peer support worker is someone with lived experience of mental health challenges who is trained to use those experiences to support others going through mental distress.

What is peer support?

Peer support is “a system of giving and receiving help founded on the key principles of respect, shared responsibility and mutual agreement of what is helpful”.

The key to peer support is that individuals with similar lived experiences can provide genuine empathy, support and hope to one another.

“Peer support is a great way to connect with someone who knows what it’s like to experience mental distress.”

How peer support can help

When you meet one to one with our youth peer support workers it can help to:

- Talk about managing mental health challenges with someone who’s “been there”
- Feel understood in a non-judgmental environment
- Share experiences
- Ask for tips and advice about things like accessing care, dealing with family, coping strategies, just to name a few
- Explore what mental illness means to you
- Explore your hopes, fears and goals, and support and challenge each other in trying new things
- Develop greater awareness of patterns of interaction in your personal relationships