



# family and friends

## Join our focus group

**Are you family or a friend of a young person aged 12-15? Have you supported them with mental health concerns?**

Are you passionate about the health and well-being of your community? If this sounds like you, we need your voice in our family and friends group!

For more information or to express your interest, contact us at headspace Toowoomba.

Phone: (07) 4639 9000

Email: [hst.toowoomba@youturn.org.au](mailto:hst.toowoomba@youturn.org.au)

As part of the group you will:

- Provide advice on the continual development of headspace Toowoomba's services to better engage and work with families and friends
- Have input into headspace strategies and campaigns
- Provide feedback on resources
- Help reduce the stigma around mental health
- Support us to help improve mental health literacy and understanding of drug and alcohol, education and work and physical concerns
- Promote the importance of early-intervention support