

Role title	YAM Helper
Location	Illawarra Shoalhaven Macarthur
Role type	Volunteer
Hours	16 hours program delivery annually (plus 4 hours training)
Contact	Illawarra Shoalhaven Suicide Prevention Collaborative
Phone/Email	1300 069 002 suicideprevention@coordinare.org.au
Closing date	Ongoing

Background

Youth Aware of Mental Health (YAM) is an evidence-based mental health program for young people aged 13 – 16 years. YAM gets young people involved and talking about mental health through roleplay and discussion. By doing this, young people will learn problem solving skills and gain knowledge about mental health. YAM is delivered by a trained YAM Facilitator with support from a YAM Helper, providing young people with a safe and non-judgemental space to explore mental health topics such as stress, crisis, depression and suicide prevention.

Working in partnership with the NSW Department of Education, Catholic Diocese of Wollongong, Association of Independent Schools and headspace, we aim to deliver YAM to as many Year 9 students in the Illawarra, Shoalhaven and Macarthur areas in 2021 as we can

What does being a YAM Helper involve?

- being present in the room and helping manage the classroom for the duration of the program,
- helping to prepare the classroom,
- assisting with handing out program materials,
- supervising and/or participating in role plays for program participants,
- helping the YAM Facilitator and school staff connect students with supports if needed, and
- checking in with the YAM Facilitator about your experience and providing feedback on the session.

What is the commitment?

Training: Three hours YAM Helper training/

Administration: Producing a valid WWC number and having this verified at your nominated school.

Helping with one full YAM program requires approximately 8 hours over 3 weeks, including:

- Week 1: 3 hours
- Week 2: 3 hours
- Week 3: 2 hours

**Note: YAM sessions are generally delivered on the same day each week.*

YAM Helper Position Description

What do I need to be a YAM Helper?

- A valid Working With Children Check
- A supportive and non-judgmental attitude
- Confidence to help deliver YAM
- Commitment to undertaking YAM Helper training
- Commitment to helping with at least two full YAM programs across 2021
- Willingness and ability to travel

Desirable

- Experience working with groups of young people
- Commitment to helping with at least two full YAM programs across 2021