

Internship – Centre Services (headspace)

- 12 week paid internship
- 2 days per week
- Based in our Melbourne CBD office

about headspace

headspace is Australia's leading youth mental health organisation established to improve the wellbeing of young people aged 12 to 25. Through our national programs, partnerships, and support for the headspace network, we help young people and their families navigate mental health, work, and study challenges with confidence. We strive to create environments where every young person feels empowered, supported, and able to thrive. Learn more at headspace.org.au.

why you'll love working with us

We're looking for a curious, passionate young person to join our Community Awareness and Engagement Team for a 12-week paid internship. This isn't a make coffee and sit in meetings kind of internship. You'll work on a real project exploring how gaming, gambling, social media, AI and other emerging technologies are shaping the lives and wellbeing of young people, and how headspace can better support them.

what you'll do

You'll become part of a national team working to improve youth mental health across Australia by:

- Researching how gaming, gambling, social media, online communities, AI and emerging technologies impact young people.
- Exploring what programs, campaigns and services are already making a difference.
- Helping design and facilitate consultations with young people and families.
- Working alongside experienced professionals on meaningful national projects.
- Contributing ideas, reports, meeting notes and project updates.
- Learning how projects are planned, delivered and evaluated.
- Building valuable professional networks and developing skills you can take into your future career.

You'll be trusted with real work, supported by experienced mentors and encouraged to share your ideas.

What's in it for you

This internship is designed to help you build experience that employers value.

You'll gain experience in:

- Project work
- Research
- Youth engagement
- Mental health
- Stakeholder engagement
- Professional communication
- Working in a national not-for-profit organisation
- This is a paid casual position \$29.56 per hour + 25% casual loading = \$36.95 per hour.

You'll also receive mentoring and support from experienced professionals who are passionate about mental health in young people.

We'd love to hear from you if you.

- Are 18–25 years old when the internship begins.
- Are interested in youth mental health and making a positive impact.
- Love learning about digital culture, gaming, AI, social media or online communities.
- Enjoy researching topics and turning information into practical ideas.
- Like working with people from different backgrounds.
- Can manage your time, stay organised and work both independently and as part of a team.
- Have strong written and verbal communication skills.
- Are curious, enthusiastic and ready to learn.

You don't need to know everything already - we're looking for someone who is motivated, thoughtful and excited to contribute.

Ready to apply?

Applications will be reviewed as they are received, so we encourage you to apply now.

For further information contact Alana Kurban, Participation Coordinator at AKurban@headspace.org.au

headspace is an inclusive, safe and committed employer

headspace is committed to workforce diversity and to creating an inclusive workplace where all employees are valued, celebrated, and can contribute meaningfully. We encourage applications from people with lived experience of diversity to enhance the depth of skill and insight within our workforce. Aboriginal and/or Torres Strait Islander people are strongly encouraged to apply for this role and all current vacancies.

headspace is committed to being a child safe and child friendly organisation that recognises, respects, and promotes the rights of children, young and vulnerable people. For this reason, we will conduct a National Criminal Background Check and Working with Children Check as part of our recruitment process for all new employees.

headspace will provide reasonable personalisation for all candidates to participate equitably in the recruitment process. Please advise us should you require assistance.