

## Youthline's Young Ambassador

### About Youthline

Youthline is here to support young people from 12 – 25's by offering a safe place to talk confidentially through weekly one to one counselling sessions for any challenges they may be facing. Youthline also offer counselling to parents and adults who support young people.

### What are we looking for?

The Youthline Young Ambassadors are key individuals who help to champion our profession and raise our profile. They believe in our work and are committed to spreading the word of how helpful counselling can be and to help create awareness of the service in our local community. Ambassadors help us promote our services and to be involved in some of our fundraising campaigns and general mental health and wellbeing campaigns in and around our community.

You will have the opportunity to get involved in promoting mental health issues in young people and through this be an important part of a community of young people who help Youthline raise awareness of the service and the work we are doing. You could support in publicising and promoting our work to your school, through social media, attendance at events and discussions with the press.

Our young ambassadors are all given the opportunity to help shape Youthline, and work by assisting with the design of new promotional material. You will be working with us to ensure that the service we offer to young people is the best it can be.

As a Young Ambassador, you can choose tasks depending on your skills, talents and preferences. There will be opportunities to develop skills in:

- Raising awareness of Youthline and mental health issues.
- Speaking in front of others at our AGM, School Assemblies etc.
- Communicating in an engaging way.
- Expressing concern about issues which affect you or others as a young person.

**We will support you through this!**

### What you could be doing?

- Complete training to help you understand more about how Youthline works, and the people we support.
- Promote Youthline in a positive light on social media
- Tell your story – we will help you to write your story to inspire and create change for others
- Media interviews

- Be the voice for Youthline in your school and community
- Promote Youthline through public speaking
- Develop campaigns aimed at engaging young people in the community
- Work with the fundraising team for new ideas to raise funds
- Collaborate and design of new promotional material
- Design a 'new look' for our counselling rooms and office space
- Participate in videos
- Meet other young ambassadors with a shared passion in mental health
- Inspire others!

**If you are interested to find out more about our Young Ambassador scheme you'll need to be:**

- Between the ages of 14 and 25. (If you are under 16 we will need a parent or guardian to sign our parental permission form).
- In the right place in your life to be able to share your story. Your well-being should always come first and it's important that you are aware of how your own experience of mental health issues affects you. You need to know when to ask for support or take a break from volunteering.

**What you will get from Youthline**

- Full training to help you understand the work of Youthline
- Listening skills training
- Regular communication about current projects
- Opportunities to work alongside our skilled staff and young people, and up skill yourself
- Social media training
- Presentation skills training
- Support with all Young Ambassador tasks
- New skills to include on your CV and personal statement!