

# YOUNG AMBASSADOR PROGRAMME



Youthline is here to support young people from 12 – 25 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 we are looking for

We are looking for young people who:

- Are passionate about championing Youthline and raising awareness of mental health and wellbeing.
- Believe in the importance of counselling and want to promote its benefits to others.
- Work on fundraising campaigns and mental health initiatives within the community.
- Take part in public speaking to help spread the word through schools, events, and discussions with the press.
- Are eager to assist with designing promotional material and shaping the future of Youthline.
- Want to design a 'new look' for our counselling rooms and office space.
- Are interested in participating in videos to raise awareness and share their story.
- Be part of a supportive team and want to meet other young ambassadors who share a passion for mental health.
- Aim to inspire others by being a role model and advocating for mental health.
- Want to be part of a community of young people working together to make a positive impact.

**By becoming a Young Ambassador, you'll play a key role in raising awareness and helping Youthline provide the best service for young people.**

## Who You Are

- Aged 14 to 25 (If you're under 16, we will need a parent or guardian to sign a permission form).
- In a good place emotionally to share your story and advocate for mental health. Your well-being is a priority, and it's important that you understand how your own experiences with mental health may affect your involvement.
- Able to recognise when to seek support or take a break from volunteering if needed, ensuring you maintain a healthy balance.

## What You'll Gain from Youthline

- Enhance your CV and university applications with hands-on experience
- Develop key skills in public speaking, leadership and teamwork
- Gain confidence in communicating and advocating for mental health
- Training in listening skills, social media, and presentations.
- Insight into Youthline's work and mental health advocacy.
- Opportunities to work with skilled staff and other young people and become part of a supportive community
- Ongoing support and updates on current projects.

## Contact us



Visit Our Website: [www.youthlineuk.com](http://www.youthlineuk.com)



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