

If you...

- are passionate about children and young people's mental health
- have accessed mental health services locally
- would like to make a difference by sharing your views
- are looking for an exciting volunteering opportunity

become a Young Mental Health Ambassador!

We need your voice!



Your experiences are key to shaping the future of mental health and wellbeing services in Essex. Young people's mental health is hugely important and you can help to change local services for the better.

If you are a child or young person up to the age of 23 (or up to 25 if you have special educational needs and disabilities), you can be involved in many different ways.



- Create videos, online blogs and respond to other digital tasks
- Share your experiences, views and opinions to help Commissioners improve and develop local mental health services
- Attend Young Mental Health Ambassador meet ups and build your network

Interested?



If you would like to apply for this great opportunity, contact our Engagement Officer, Renee Robey, on:

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