

Mental Health Ambassadors



Many young people find it easier to talk to their peers first, before they talk to others such as family members or professionals. As a result, Mental Health Ambassadors was designed to equip young people aged 11-18 years to support and encourage others in accessing mental health support earlier. The Mental Health Ambassadors will help create a mentally healthy environment and act as a listening ear for their peers.

This role will help to develop young peoples confidence, responsibility, reliability, teamwork and leadership skills.

The Mental Health Ambassador package is designed over 6x1 hour sessions. Where young people will learn different skills to fulfil their role. The package will cover:

- ◆ *A basic understanding of mental health*
- ◆ *Skills and qualities*
- ◆ *Communication*
- ◆ *Stigma and discrimination*
- ◆ *Wellbeing*

The Mental Health Ambassadors package is delivered as a train the trainer workshop by the Solihull Community Development Team. The workshop lasts 3.5 hours, where staff within schools and community groups will receive all tools to train young people.

Training is FREE to schools and community groups

If you are interested about this training or want more information please contact Liz or Jade on the below information:



Liz: 07493 864801 or Jade: 07717581660



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In partnership with



Mental Health Support Team (MHST)

