

02 BECOMING A JUSTTALK AMBASSADOR

One of the most powerful ways to encourage others to speak more openly about mental health is to become a positive role model – showing others through our own actions that mental health is something we all have, and that talking to someone shows strength not weakness.

By becoming a 'Just Talk' Ambassador, you will be able to share key positive mental health messages and information widely with other people you come into regular contact with. That may be through your school or college; it could be a club you're involved with outside of school, e.g. sports clubs, drama clubs; or it may be in your local community. You will be able to judge where you think your input could make the biggest impact.

Should you meet people who are struggling with their mental health, you will NOT be offering counselling or support as there are professionals in place who are able to offer this, but you WILL however be able to share information which they may find useful, such as where to look online for useful mental health information, and where to go for support.

As an Ambassador you will also be helping to change the way young people, parents and other professionals think about mental health.

Your actions will help to remove the stigma they may feel and the fear that some people still experience when it comes to asking for support or help with their wellbeing and mental health.

As a result of Ambassadors like you, we hope that:

- **Fewer young people will need intensive mental health support;**
- **Young people will access support earlier, and not wait until things gets really bad;**
- **Young people will understand the difference between mental health and mental illness, and know how to protect their own wellbeing, but also where to go for support when it is needed.**

You will receive support and information that will increase your own knowledge and understanding of mental health and mental illness.

We need everyone to know that talking is the first step to feeling better. It is not a weakness to ask for help - we all have times when we don't feel OK.



