

# IF YOU...

- are passionate about children & 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

Then become a...

**YOUNG MENTAL  
HEALTH AMBASSADOR!**

Connect with us...



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**healthwatch**  
Essex

# WE NEED YOUR VOICE!

Your experiences are key in shaping the future of the Emotional Wellbeing & Mental Health 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 25, 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 develop the new mental health service



Attend Young Mental Health Ambassador meet ups and build your network

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## Interested?

If you would like to apply for this great opportunity, contact our Volunteer & Engagement Officer, Cheryl Huggins on:

 [cheryl.huggins@healthwatchessex.org.uk](mailto:cheryl.huggins@healthwatchessex.org.uk)

 01376 572 829

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Healthwatch Essex is an independent voice for the people of Essex. We collect individual's experiences and use them to help improve, design and support the delivery of local health and social care services in the area.