

# If you...

- are passionate about the mental health of adults
- 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 Mental Health Ambassador!



## We need your voice!



Your experiences are key to shaping the future of Adult Mental Health Services in Essex. Mental health is hugely important and you can help to change local services for the better.

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 Adult Mental Health Ambassador meet ups and build your network

## Interested?



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

**[Jason.Baker@healthwatchessex.org.uk](mailto:Jason.Baker@healthwatchessex.org.uk)**

**07742 876287**



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