



Are you 16-25 years old? Interested in mental health and wellbeing?

If so, would you like to join our North West London Youth Ambassador Group?

At Central and North West London NHS foundation Trust we are working to improve mental health services for young adults. This is only possible with the voices of young adults, including yours!

If you have **used mental health services before** or **have a keen interest in mental health**, this is your opportunity to get involved in improving support to young adults by joining the group, you will become a Youth Ambassador and you'll be offered opportunities to participate in developing mental health services for young adults.



Alexis Watkins, *Young adult and Chair of the NW London Youth Ambassador group*
"It is crucial that young people are aware of services which are provided for them. Our group enables young adults to have their voices heard in the development of these services as we are experts through our own experience. The future of services should lie in the hand of those who will use it and our group enables young people to develop services as well as their skills for future work. Our group is like a family and we all support each other, we all have a common purpose of wanting to make positive changes within mental health services and I am honoured to be a part of this group with inspirational young people."

What would be my role/title?	Youth Ambassador
How often are the meetings?	One session every 3 weeks
How long are the meetings?	1 hour 15 minutes
Who else will be there?	The NHS team and lots of young people like yourself
What if I can't make it to a meeting?	No problem! there is no pressure for you to attend every session
Will I be paid?	£20 shopping voucher
Who do I contact if I want to sign up?	Send an email to Shanaya.Kashyap@nhs.net letting us know you're interested in joining the group!