



# Young Ambassadors

This page has been written by our Young Ambassadors...

We have now finalised our research project, 'How can parents/carers support young people's mental health?'. The aim of our research is to help inform parents and carers and offer suggestions to them to help them strengthen relationships with the young people they care for. We have written up our report and this will be reviewed by the management team and hopefully used in the Prosper Parent Programme, as well as being included on our section of the website. Here is a sneak peak of one of our findings...



In our next meeting, we will be creating a guided journal to also put on our section of the website for young people aged 11 + to use alongside their sessions with Relate LLR if they wish to. If you have any ideas for things to include in the guided journal, please email Caitlin and we will discuss them in our next meeting.

We are looking for new Young Ambassadors to join us! If you are working with a young person who is 14-18 years old, is coming to the end of their sessions and you think they would be a good Young Ambassador, please ask them if they would be interested. If they are, please let Caitlin know by emailing her their Penelope number and preferred email address so she can get in contact with them.