

# Young Ambassadors

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

## What do we do?

- Provide feedback on resources and interventions
- Share our experiences of having a Relate service
- Create resources and promotional material
- Social media content creation
- Conduct research projects to inform change in service and practice
- Fundraising events for CYP services



We have a new ambassador called Leena, here is a bit about her...

"Hi, my name is Leena and I became a Young Ambassador in the hope of helping other people improve their mental health and feel support like I did when I received counselling by Relate. I love to read, draw, make things and learn about science."

## This year

We will continue to work on the Relate social media, with TikTok and Instagram posts based on specific events, ambassador updates and promoting positive mental health.

In 2023, we created a questionnaire for young people aged 12-18 exploring how parents and carers can best support them with their mental health. We are still at the collecting data stage and are currently at 100 responses! This will produce a report that will be sent out to staff, and will be used in the Prosper parent programme.

We are creating a letter to be sent to young people who are in the stages of being booked in and starting counselling sessions. This includes one to one and Flourish counselling. The letter will explain what to expect about the counselling sessions and the outcomes. We hope this will help to reassure young people who are coming into the service.

We will now be contributing to the Relate staff newsletter, where we would like to write articles about relative topics and ambassadors' interests.