



"A proactive individual who raises awareness of mental health in young people, working to break down barriers and ensure there is an understanding of where support can be accessed."

What is a Youth Mental Health Ambassador?

- The role aims to create a culture where mental health can be promoted openly and positively by young people across Kent football.
- The role exists to educate other young people around mental health stigma and the importance of talking and listening, by raising awareness of good practice.
- Signposting and championing sources of professional mental health support for young people sits at the heart of the role.

What do I need to do?

- Help signpost other young people to professional mental health support.
 - Empower young people to feel confident seeking help and guidance.
 - Champion conversations about mental health amongst young people.
- Work with clubs, leagues and likeminded people to deliver resources and information focusing on mental health awareness.
- Promote mental health events and dates, utilising the power of social media and local footballing communities.

Who can apply?

- Be aged 16-24 and involved in Kent football as a player, coach, referee or volunteer.
 - Have an interest in and willingness to learn about mental health awareness.
 - Be a good communicator and listener.
- Enthusiastic and proactive, adopting a non-judgemental and empathetic approach.
- Self-aware – to do the role to the best of your ability, sometimes a break is necessary.
 - Confidence working alone and in a group of diverse supportive ambassadors.

What are the benefits?

- Receiving mental health awareness training and resources.
 - Networking with like-minded people.
- Participating in a movement focused on creating positive change.
- Opportunity to take on responsibility and increase self-confidence.

What are the commitments?

- Commit time outside meetings to work with peers and clubs within your community.
- Attend Ambassador meetings (3 per season) and all training/CPD related to the role.

What are the opportunities?

- Buddying up with a Kent FA Mental Health Champion, for additional support, mentoring and opportunities to attend or help at events.
- Access to become a Mental Health Champion once your time on the Mental Health Youth Ambassador programme ends.



For more information contact
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