



Mental Health Ambassador

The **Mental Health Ambassador Programme** by Action Mental Health is a dynamic young leadership initiative designed for individuals aged 16-25 who are passionate about mental health, peer support and making a positive impact. This programme equips young people with the skills, knowledge, and confidence to become mental health ambassadors in their schools, colleges, universities, and communities.

The programme is delivered over the course of five sessions. Sessions one to four last for 1.5 hours. The fifth session is a full-day event, consisting of two parts: a morning intergroup workshop and an afternoon featuring the accredited **safeTALK** course.

The programme is delivered using diverse and engaging methods, including group discussions, real-life scenarios and interactive workshops, creative planning sessions, peer-led projects, mental health tool kits, community mapping, vision-building and opportunities to collaborate with other youth groups.



PEACEPLUS

Northern Ireland - Ireland

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European Union



UK Government



Northern Ireland
Executive

www.northernireland.gov.uk



Rialtas
na hÉireann
Government
of Ireland



safeTALK

suicide alertness for everyone

What the Programme Covers...

Ambassadors will:



Understand mental health and its impact on daily life, relationships, and communities



Learn how to be a positive peer and promote inclusive, respectful relationships



Develop skills in communication, empathy, and active listening



Explore the CBT model to build resilience and support others



Gain knowledge of safeguarding, referral pathways, and peer support boundaries



Create action plans for mental health events and inclusive support spaces



Improve awareness of local and NI-wide support services and groups



Use community mapping to build sustainable support networks



Earn a SafeTALK qualification to help identify and assist those at risk of suicide

Participants will build:



Confidence in mental health literacy, peer support, and emotional intelligence



Skills in empathy, leadership, communication, and planning



Ability to deliver inclusive, purposeful mental health activities



Awareness of diverse identities and how to build community belonging

Completers receive:



- A Mental Health Ambassador badge
- A certificate of completion for the full programme/SafeTALK accreditation

To find out more, scan the QR code or contact us:

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