

# YOUTH MENTAL HEALTH AMBASSADORS (YMHA)



## What is a YMHA?

YMHA is a group of pupils in school who help lead and develop a whole school approach to mental health projects. Their role will help to provide a youth voice to the work that schools do to create a positive impact on mental health and wellbeing in school.



## Who is suitable for the role?

Schools can decide how many, how to recruit, and across which year groups. It's important to consider diversity and the opportunity this responsibility can provide.

Qualities of a good YMHA would be:

Passion for making a difference.

Cares about others and works as a team.

Likes projects and coming up with ideas.

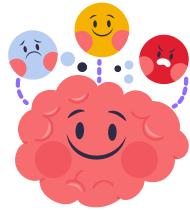
## Things to consider

Which school staff member would be suitable and can support YMHA and their projects?

Consider capacity and how often to meet with YMHA to complete/run projects.

How can the school's mental health lead be involved with the YMHA team?

Ways to ensure projects are manageable and track and ensure projects are completed.



MHST train YMHA staff leads and YMHA to understand the role and provide additional resources for recruitment and tracking projects. MHST can run top-up sessions and help support projects for 1.5 hours a term - this can be discussed with your MHST link. You can also speak to your MHST link around ideas for projects, recommendations for resources, and key dates YMHA can lead projects for.