

# NAMI EASTSIDE

## Youth Ambassadors

### The Youth Ambassador Team

We are excited to have a new Youth Ambassador Team for NAMI Eastside! As a team member, you will make a difference by empowering and educating youth about mental health. You may also have the ability to be the voice that our local cities are looking for as they address mental health. This is an unpaid volunteer position, though you may receive volunteer hours for your work.

### Qualifications & Requirements

- Must attend middle or high school on the Eastside.
- Have a passion to help the youth mental health crisis and to learn about mental health.
- Be dependable.
- Willing to partner with a younger (high school) or older (middle school) ambassador.
- Pass a background check.
- Must receive parent approval.
- Available 2-5 hours per week.
- Able to attend Zoom trainings and collaboration sessions and report your work weekly to NAMI Eastside staff.

### Description of Work

- Work directly with your school (PTSA, staff, parents) to help bring “NAMI in the schools” education to your school this year.
- Be an important youth voice for NAMI Eastside and represent us in conversations with city & state leaders, organizations, and presentations in our advocacy work.
- Conduct research with your peer groups to gain a full understanding of what young people are experiencing, if and where they are receiving help, and how we can best help meet their needs.
- Collaborate with other organizations focused on youth mental health.
- Recruit other Youth Ambassadors.
- Share our work on your social media
- Assist with special projects, as needed.
- Attend resource fairs, school fairs, and other events when back in person to represent NAMI and our programs. (Optional)
- Write blog posts for NAMI Eastside. (Optional)

To apply, go to  
<https://nami-eastside.org/volunteer/>

For questions, email  
[barbie@nami-eastside.org](mailto:barbie@nami-eastside.org)

## Why would I want to be part of this?

- You will have an opportunity to share your experiences and voice to help shape education and policies about youth mental health in schools and your community.
- You receive volunteer hours for all your efforts.
- We often have cool swag.
- You can meet important people who want to hear what you have to say.
- You will learn important tools to help yourself and your peers with their mental health.
- You will have access to resources to help yourself and others.
- You will have a team of trusted adults that you can turn to.
- You can truly make a difference!

## Why does NAMI Eastside need me?

- Cities, schools, and parents all want to know the reality of what is happening with mental health with students. Instead of adults trying to solve what we think is a problem, you get to define the problem and how best to solve it.
- NAMI Eastside needs to access your schools and classes to ensure that every student is receiving basic mental health education, and you can be the connector.
- We want to do more for youth mental health, but must have an energized young team to guide us.

## What will we be doing?

- We will have recurring meetings that offer short trainings and resources to equip you. As our team grows, the frequency, time and location may be adapted for schedules. These are currently at 5pm on Wednesdays.
- We will be doing anonymous youth surveys with you and friends to understand the reality of what is happening in your world.
- You can share your special skills and talents in special projects. Perhaps you would like to help with social media, campaigns, blogs, or presenting at events?
- Start a club within your school to gain a following and we will support you.
- Share the mission of NAMI Eastside and help distribute materials.
- There may be opportunities to talk with the press, or city councils to help share your message and work on positive outcomes.
- Potentially piloting mental health programs and helping present to your schools.
- Collaborating with local Police Department Community Responders to know what to do and who to call in a crisis.

## What do I need?

- Access to the internet.
- Your parent's permission, especially for public facing presentations or photos.
- For in-person events, travel to and from.
- A positive attitude, ready to improve the future for your generation.
- Access to email.
- Fill out the application on our website: <https://nami-eastside.org/volunteer/>

Please note that activities are optional, based on your comfort level. We would love to welcome you to this team!