

**Are you aged 14-24?**

**Are you passionate about improving young people's mental health and wellbeing in the UK?**

**Do you want to gain new skills, meet like-minded people, and create change in your community?**

**We want to hear from you!**

## Overview of Programme

- [Plan International UK](#) is a global children's charity. We strive to advance children's rights and equality for girls all over the world.
- Since 2010, we've been working with [AstraZeneca](#) to empower young people around the world to live healthier lives and create change in their communities through the Young Health Programme.
- Now we are bringing the [Young Health Programme](#) to the UK with a focus on mental health and wellbeing, and we need your help to design it.
- We are creating a group of 15-20 young people who are passionate about improving mental health and wellbeing in their communities to ensure the Young Health Programme is designed by young people, for young people.
- By joining this group, you will:
  - Have your say on mental health and wellbeing issues affecting young people,
  - Come up with ways to solve these issues and a chance see them put into action.
  - Help shape the Young Health Programme for years to come, and
  - Become part of a network of young people collaborating to achieve better mental health and wellbeing for all young people.



## We're looking for young people:

- Aged between 14-24,
- Based in the UK,
- Passionate about improving mental health and wellbeing,
  - With time to volunteer between April – September 2021,
  - We are committed to being inclusive and actively seek and encourage applicants from all backgrounds and identities to apply. We will work to accommodate any access needs if you could let us know in advance.



## What's involved?

From April – September 2021, you'll have a chance to:

- Attend group meetings every other month and one residential weekend – mostly online due to Covid-19 restrictions.
- Attendance is voluntary and we would encourage you to take part in all activities but hope for a minimum of 3 meetings and taking part in developing the solutions. We will understand any challenges you may have in attending.

- Take part in activities which explore young people's mental health and wellbeing needs, experiences, and thoughts on what needs to change.
- Develop solutions to mental health and wellbeing issues. Some of which will have the chance to be put into action by applying for small funding grants.
- Receive training to develop your advocacy skills as well as media training to support speaking publicly on key issues.
- Activities may be moved online or modified to respond to Covid-19 restrictions.

## What we can offer you:

- A chance to make a difference to mental health and wellbeing in your community, gain new skills and be a part of shaping the programme into something that works for young people.
- Ability to collaborate with other young people, design solutions and take collective action to make them a reality.
- A chance to apply for funding to help implement your solutions.
- A space to come together with other young people and make a difference.
- Media and advocacy skills workshop.
- Public speaking and media opportunities and the chance to speak out on the mental health and wellbeing issues that matter to you.
- The opportunity to gain skills and experience for your CV and help with career development.
- We will cover any expenses occurred travelling for meetings, as well as taking part in activities for the group.



## How to apply:

**Interested?** Email us at: [yhp-uk@plan-uk.org](mailto:yhp-uk@plan-uk.org) by **Monday 19<sup>th</sup> April 2021** and tell us:

- Your name, age, gender identity, and where you're from;
- Why you want to get involved;
- And what changes you'd make to improve mental health or wellbeing for young people in the UK or your community.



You could send us a short piece of writing, a video, a voice recording, or even a piece of art.

**Show us your passion for improving the mental health and wellbeing of young people and get creative!**

### Examples

- You could write 500 words on an initiative you would like to run at school to tackle mental health issues.
- You could send us a 5-minute voice recording discussing mental health and wellbeing changes you'd like to see.
- You could create a piece of artwork for example a map of your community showcasing how to make your area better for mental health and wellbeing.

**We actively seek and encourage applicants with diverse backgrounds and identities to apply.**

Get in touch if you have any other questions: [yhp-uk@plan-uk.org](mailto:yhp-uk@plan-uk.org). We will let you know whether you have been successful by Monday 26<sup>th</sup> April.