MHA
Mental Health America
in Sheboygan County

YOUTH AMBASSADOR PROGRAM

What is a Youth Ambassador?

Our youth ambassadors play a very important role in supporting each other and their mental health. We know that when teens struggle, they talk to their peers. You can help save or improve a life - learn more about mental health and how to support your peers by becoming an MHA Youth Ambassador today.

Mission and Vision

MISSION High School students collectively working to bring mental health awareness, equity, inclusion, and stigma reduction to their schools and the community at large.

VISION All high schools within Sheboygan County will provide a culture of mental wellness, including support services, resources, and education for all students.

Program Requirements

- Take the Stigma Free Pledge
- Pick what type of Youth Ambassador you want to be:

School - Work with an identified Youth Advisory Board (YAB) member at your school to support mental health initiatives

Social Media - Share mental health resources from MHA and YAB on your platforms

In My Voice - Work with MHA to tell your story about lived experience around mental health

It's My Jam - Make a pledge to support overall mental health initiatives for your school and community

Youth Advisory Board

A selected number of youth representatives from each high school can apply to serve as role models for the Ambassador Program. Each representative will serve by providing a voice around the following: Youth Ambassador program, initiatives, prevention efforts, specific youth needs, intervention, recovery, and leadership.

REQUIREMENTS FOR THE YOUTH ADVISORY BOARD:

- A commitment of a one-year term
- Attend monthly meetings (virtual/in-person)
- Parent/Guardian Permission
- Attend training sessions hosted by MHA Sheboygan
- Transportation to meetings (when in-person)

Learn more by contacting our Director of Education & Advocacy, Trisha Erpelding:

920-458-3951 ext. 1002 or trisha@mhasheboygan.org

VIEW OUR AMBASSADOR VIDEOS
YOUTH AMBASSADOR
YOU OKAY?
WHAT DOES MENTAL HEALTH LOOK LIKE?

www.mhasheboygan.org | Apply here: bit.ly/MHAyouth