

SAMH

Scottish Action for Mental Health

Youth Activist

Promotional
Materials



Putting children and young people at the heart of our work

In 2022, more than 15% of young people declared a mental health condition, compared to 2.5% in 2011.

Since 2017, we have been increasing our focus on children and young people's mental health. No-one knows the issues that young people face, or what they need to support them, better than young people themselves.

Which is why we want to put young people at the heart of our campaigning, service development, and decision-making – giving them a meaningful way to shape the future of children and young people's mental health in Scotland.

Our [Young People's Panel](#) is made up of 19 young people, aged 12-25 who will spend two years working together to drive change by campaigning and by shaping our offer of services to young people.

Alongside the Panel, our [Youth Activist](#) programme is open to anyone aged 12 – 25 who would like to influence positive change for young people across Scotland.

Opportunities range from filling out online surveys, to attending workshops or events, helping to co-produce resources, or developing skills and knowledge in this area. There's **no regular time commitment**, and you can choose which opportunities you want to be a part of.

How can you help?

We want to see as many young people in Scotland get involved by becoming a Youth Activist as possible.

We would really appreciate your support in helping to share and promote this opportunity by:

- Sharing the sign-up link in any communications to young people you work with
- Sharing the opportunity on social media channels
- Share our Youth Activists flyer
- Telling people about it – sometimes nothing beats word of mouth!
- Ask us about getting involved

Read on to find out how...



Sharing the sign-up link in any communications to young people you work with:

The following copy can be used on your website, in your newsletter, or anywhere else you see fit:

Do you want to shape the future of young people's mental health in Scotland? Are you 12-25 years old? Sign up to join SAMH as a Youth Activist!

Youth Activists volunteer their time to influence children and young people's mental health, through activities such as:

- Online surveys to share your experiences
- Workshops and events to help shape or co-produce services or resources
- Campaign actions to influence change
- Opportunities to develop skills and knowledge in the area.

As an Activist, you can decide how much (or how little) you get involved. You will receive email updates with opportunities and can join our WhatsApp community to keep up to date. You will also be offered training and development opportunities.

Find out more and sign up online today: samh.org.uk/get-involved/our-campaigns/youth-activism-and-engagement/cyp-youth-activists

Sharing the opportunity on social media channels

If you follow SAMH on X, Instagram, Facebook or LinkedIn, you can share our posts, or there's some suggested copy below for using on your own accounts.

Instagram / Facebook / LinkedIn

Aged 12-25 and passionate about mental health? Join SAMH as a Youth Activist!

Youth Activists volunteer their time to help shape the future of children and young people's mental health, through activities such as: surveys to share your experiences, workshops to share your views and campaign actions to influence change.

Find out more and sign up today on the SAMH website: samh.org.uk/get-involved/our-campaigns/youth-activism-and-engagement/cyp-youth-activists

X / Blue Sky / Threads

Aged 12-25 and passionate about mental health? Join SAMH as a Youth Activist and use your voice to shape the future of young people's mental health in Scotland. Find out more and sign up today on the SAMH website: samh.org.uk/get-involved/our-campaigns/youth-activism-and-engagement/cyp-youth-activists

Graphics

You can download graphics to use on promote SAMH Youth Activists below.



[Download image](#)



[Download image](#)



[Download image](#)

Share our flyer

[You can download the flyer here.](#)



Become a SAMH Youth Activist!

Are you aged 12-25? Do you want to help us take action for children and young people's mental health?

Join us as a SAMH Youth Activist!

As a Youth Activist, you'll influence the future of young people's mental health through events, workshops, campaign actions and more



Questions?

campaigns@samh.org.uk

www.samh.org.uk



Sign up here!

Ask us about getting involved

If you have an opportunity you think the Youth Activists might like to get involved in, or if you want to speak to us about working with young people more generally, drop us an email at participation@samh.org.uk



SAMH

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Thank you!

If you have any questions, please get in touch at: participation@samh.org.uk

SAMH is Scottish Action for Mental Health.

Scottish Charity No. SC008897 Registered Office:

Brunswick House, 51 Wilson Street, Glasgow G1 1UZ

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www.samh.org.uk