



**Create  
Friendships**

Are you passionate about  
mental health?

Do you want to be involved in  
trying to improve services for  
young people?

If so, come and join our group  
on Wednesdays 5:30-7:30.

**make a  
difference**

**improve  
CV**

The Mental Health Ambassadors are a group of young people who volunteer for a counselling service in Sheffield. We work to represent the needs and voice of young people influencing the service, as well as raising awareness of mental health.

**Gain  
confidence**

**interchange**

Supporting the emotional well-being  
of young people under 25

"I was made to feel very welcome"

If you are aged 16-25 and are interested, contact us on 0114 2768922 or at [interchangeproject@ymail.com](mailto:interchangeproject@ymail.com) for more information on how to get involved.

We meet every Wednesday at Alpha House, 10 Carver Street.

"My confidence has developed from being involved in many opportunities and I have exceeded what I thought was possible"

"I have made life long friends"