

# Join the Youth in Mind Governance Group



## What is Youth in Mind?

**Youth In Mind brings together children and young people with an interest in mental health and a desire to improve local mental health services.**

Youth in Mind helps children and young people voice their opinions on how mental health support could be improved. It gives children and young people the opportunity to learn new skills, meet new people and find purpose in their communities, by:

- Hosting regular groups and activities in Norfolk & Waveney where young people can learn more about mental health and wellbeing, and discuss mental health services
- Providing opportunities for children and young people to get involved with local projects that help them to learn new skills
- Encouraging them to meet like-minded individuals with a shared interest in improving mental health services

## What is the Youth in Mind Governance Group?

The Youth in Mind Governance Group is one of the groups that Youth in Mind supports. This small group of young people (max 10 members) helps influence Mental Health Services at the highest level. They work alongside the Executive Management Group, which is made up of senior leaders from Norfolk and Waveney's Mental Health Services.

This group of young people advise at meetings and contribute to projects. They gain feedback from other children and young people that they can share with service leaders. They support and encourage each other. And they help ensure that services are working to the key principles of the Children & Young People's Mental Health Charter, which was created by young people in 2022.

# What are the meetings like?

The Young Person's Governance Group meets approximately every 6 weeks. They have a mixture of in-person and online meetings, which take place at a time that is convenient to young people (generally evening or weekends).

- Help arranging transport to/from meetings can be provided and all travel costs will be reimbursed.
- Refreshments are provided at all meetings.
- Group members have lots of freedom to run meetings as they like, and they are fun, relaxed and informative.

## Role description

**Any young person aged between 12–25 years is welcome to apply** to join the Governance Group. Every application will be carefully considered.

Applications can be made by completing the form or by emailing [youthinmind@map.uk.net](mailto:youthinmind@map.uk.net) or arranging a short conversation with a member of our team.

You don't need any specific experience for this role. However, you are more likely to enjoy the role if you have the following skills and outlook:

- A keen interest in Mental Health and a desire to help make services better for children and young people
- The ability to attend regular meetings and contribute to discussions
- A willingness to share ideas and talk through issues with other young people and with mental health professionals
- A commitment to encouraging other group members and working in a positive and supportive way
- Motivated to make change happen

Being a part of the Governance Group can help young people develop the following skills:

- Confidence
- Leadership
- Teamwork
- Problem-solving
- Researching
- Networking

Through your work with the Youth in Mind Governance Group you will develop a good understanding of local Mental Health Services and gain valuable experience that could be a great addition to your CV, college or university application.

The demand placed on Mental Health Services is at an all-time high, and service leaders have never been more ready to listen to and act upon the experiences and ideas of young people to ensure they really are meeting their needs. So now is a great time to get involved and have your voice heard!

**To apply fill out an application form and email it to [youthinmind@map.uk.net](mailto:youthinmind@map.uk.net). If you'd like help with the application form, or you'd like to apply a different way, send us an email and we'd be happy to help!**