

# Join the Lancashire Mind Youth Advisory Group!

## What is the YAG? (Youth Advisory Group)

Hey! Lancashire Mind is setting up a YAG and we're looking for young people to join. You'll talk about the real issues people your age face, especially around mental health. By sharing your experiences and ideas, you'll help us figure out what young people need and make changes to how we help. It's just getting started, so if you've got something to say, now's the time.

## What will I need to do?

Take part in a meeting every 6 weeks. We're only asking for 2 hours of your time, that includes any work or reading you may need to do. You will support our young people's team to build projects that support other young people.

## Who can join the YAG??

Any young person aged 14-18 and who lives in Lancashire. You don't need to have experience of mental health.

If you do want to share your experiences, you are welcome.

## What's in it for me?

You will be a part of welcoming and supportive team who champions positive mental health. We will offer you days out, references, mentoring, vouchers, training opportunities and travel expenses paid.

## How do I join the YAG?

Fill in the form with your details and Aliah will get in touch. You can send Aliah a video, some artwork to show your skills, you can write why you want to join or you can have a phone call with Aliah. Let her know and she can sort it. It's up to you!

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