

# CHAT Ambassadors Project FAQ

CHAT is looking for a group of 8-10 young people to be CHAT Ambassadors. As a CHAT Ambassador, you represent the voices of young people on mental health matters. By providing valuable insight from your unique perspective, you will help CHAT ensure that our programmes and services are appropriate for young people. You will also help CHAT stay responsive to young people's needs. CHAT Ambassadors will also plan and take part in various projects related to Singapore's youth mental health scene.

## What are we looking out for?

- Age: Between 16 to 30 years old
- Diversity: In terms of age, gender, culture and experiences
- Teamwork: Works well both independently and as part of a team
- Time management and multi-tasking ability: Strikes a good balance between various commitments
- Passion: Motivated and committed to making a positive change to our youth mental health scene

## What do CHAT Ambassadors do?

- Evaluate and provide feedback on CHAT services
- Design and develop mental health resources and services for CHAT
- Brainstorm and develop ideas to promote awareness of youth mental health concerns and encourage young people in distress to seek help
- Take part in CHAT's marketing and publicity activities (for example roadshows and mental health talks)

## What are the responsibilities of CHAT Ambassadors?

- Be committed for at least 9 months
- Maintain regular contact with CHAT via email or phone
- Work individually or in small groups on assigned project
- Attend monthly meetings
- Attend relevant trainings on youth mental health by CHAT
- Promote CHAT within your own social circles

## What are some opportunities for a CHAT Ambassador?

- Receive training on CHAT services, mental health issues, public speaking and project management
- Represent your peers and be involved in behind-the-scenes work at CHAT
- Improve the local youth mental health scene

## How do I apply to be a CHAT Ambassador?

- Fill in the online application form and send it to us by **13 Jun 2021 (Sunday)**:  
<https://form.gov.sg/607fc964b4ea9c00126a25ff>

