



CHAT Ambassadors Project FAQ

CHAT (Community Health Assessment Team) is looking for a group of 8-10 young people to be CHAT Ambassadors. We will work closely with our Ambassadors to constantly improve our services and ensure that we are attuned to young people's mental health 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)

How much commitment is required of CHAT Ambassadors?

- Each service term lasts 9 months
- A group meeting is held once every month
- CHAT Ambassadors will maintain regular contact with CHAT through email/phone.
- Ambassadors will attend training on mental health and CHAT.

How will CHAT help the Ambassadors to deliver their best?

- We will provide relevant training, such as training on mental health issues, CHAT and project management.
- We will help you develop project management and execution skills by providing both mentorship and opportunities to create your own projects.

How do I apply to be a CHAT Ambassador?

- Fill in the online application form and send it to us by **26 November 2018 (Monday)**:
<https://goo.gl/forms/jt0KLgYnHDkIrQeH2>

CHAT (Community Health Assessment Team)

www.chat.mentalhealth.sg | www.facebook.com/CHATfans | CHAT@mentalhealth.sg | 6493 6500/01