

**time to change**

**let's end mental health discrimination**

# Role Description

## Time to Change Young People's Advisory Panel

### Are You?

- Between 14 and 25 years of age.
- Passionate about ending stigma and discrimination on the grounds of mental illness.
- Able to get on with other people
- Someone who likes to work in a group
- Happy to share some time and energy to help us change things.
- Someone who doesn't judge others but values the fact that everyone is different.
- Good at listening to people and able to express your views
- Open to other people's points of view, even if they're different to your own.

**If this sounds like you, then YOU could be part of the Time to Change Young People's Advisory Panel!**

### Why a Young People's Advisory Panel?

Time to Change (TTC) has committed to develop their work with adults (19+) and now young people to continue to create a culture where discrimination on the grounds of mental illness is a thing of the past. Some of the past work has included celebrity involvement, online support (through Facebook, Twitter and the website) and TV and radio adverts.

The TTC Young People's Advisory Panel will engage in, and contribute to, the various work streams of Time to Change from the social marketing campaign, social leadership programmes and education to contributing to the creation of a comprehensive social media (Facebook, twitter, YouTube and other emerging digital media) engagement programme.

The TTC Young People's Advisory Panel will consist of a core group of up to 30 young people from other organisation's Youth Panels, Youth Boards or recommended young people, representing a cross section of youth societies and communities. You, together with a parental panel and an advisory board, will help us to steer the direction of the children and young people's (CYP) work stream across the TTC portfolio. You will be offered support and, where appropriate, training on the key issues you will be expected to contribute to.

### Your responsibilities

- Work across the whole TTC programme to ensure there is an appropriate youth focus.
- Become social leaders willing to address stigma and discrimination when you encounter it and raise awareness of the facts, not myths, of mental health.
- Help TTC CYP work stream to shape the way we communicate and engage with other young people. Review resources and materials to ensure that they are relevant and accessible to Young people.
- Work alongside the TTC Parent's Panel and Advisory Board

# time to change

## let's end mental health discrimination

### What will you gain?

- You will be an integral part of an exciting project that will contribute to the ending of stigma and discrimination on the grounds of mental illness.
- You will work alongside young people from all walks of life with many different experiences.
- You will be able to take advantage of training and support to build key skills that can be added to your CV.
- You will engage with professionals, organisations and partners to work towards educating others and changing attitudes and behaviours towards mental illness.
- Refreshments and lunch will be provided.
- We will pay your reasonable travel expenses to attend the panel meetings.

### What we want from you

- Commitment to attend the panel for a maximum duration of a year.
- Attendance at an induction event to see if you want to be a part of TTC Young People's Advisory Panel.
- Attendance at six London based face to face meetings over the course of a year.
- To attend discussions in between meetings (via telephone and/or internet)
- Engagement and input into various parts of the TTC programme
- To complete a CRB/Enhanced (criminal Record Bureau) check
- Agreement to treat each other, facilitators and guests with respect.