



ZBME



YOUNG ACTIVISTS WANTED !

We're looking for volunteers aged 16-25 to help us deliver an innovative project tackling mental health stigma among young people from Bristol's Somali and African Caribbean communities.

So if you've your own story of mental health you're willing to share and want to make a real difference to the attitudes and behaviours of local young people from your community then get in touch!

As a young activist you can expect training, accreditation, new friendships and fun! We'll also meet all your out of pocket expenses.

To find out more contact dee@otrbristol.org.uk



OFF THE RECORD Bristol



PERSON SPEC & ROLE DESCRIPTION

You must be:

- Be aged between 16 and 25.
- Be of African Caribbean, Somali or Mixed Heritage.
- Have experienced poor mental health at some time in your life (this doesn't have to be a diagnosis).
- Be willing to share this experience with other young people.
- Be able to contribute a minimum of three hours a week to the project.

The role:

- To participate in the training programme for volunteers.
- To work as part of a group to design the campaign.
- Through the campaign, to share your experience and passion for change with other young people across Bristol, some of whom may have stigmatising and discriminatory assumptions about mental illness.
- To support the other Young Activists on the project in their participation.
- To co-design online resources and materials for the project.
- To participate in the Time To Change evaluation process.

What next?

We're looking for passionate, motivated and politically engaged young people who want to work with us to challenge stigma, discrimination and inequality.

This is a challenging but very exciting project, so if you think you have what it takes we want to hear from you. The next step is an informal meeting so we can get to know each other and you can find out more about the campaign and Time To Change.

Email: dee@otrbristol.org.uk

Phone: 0117 9226747

The logo for Black Mental Health Exchange (BME) is located in the bottom right corner. It consists of the letters 'BME' in a bold, stylized, hand-drawn font. The 'B' and 'M' are connected at the top, and the 'E' is separate. The letters are black and have a slightly irregular, artistic feel.