



See Change Ambassador

Role Description

See Change is Ireland's national mental health stigma reduction partnership. See Change is working positively to reduce the stigma and discrimination associated with mental health problems and to ensure that everyone enjoys the same rights on an equal basis.

The See Change ambassador programme gives people with lived experience of mental health difficulties the opportunity to share their story and help reduce mental health stigma. Ambassadors provide insight into what living with a mental health difficulty looks like and help challenge attitudes towards mental health.

The ambassador role is voluntary and involves sharing your experience of a mental health difficulty so as to help influence change. See Change may ask you to take part in a number of activities such as public speaking, television/radio/print interviews, panel discussions, research, campaign work, content creation or project work.

All ambassadors will receive training during their time volunteering with See Change. These trainings will help you feel comfortable and confident taking part in See Change activities and will be provided by See Change.

It is important that when representing See Change, it is done while adhering to See Change messaging, ethos and policy and procedures

Qualities, Availability & Skills

A See Change ambassador should be comfortable with sharing their experience of a mental health difficulty and have a passion for mental health awareness and stigma reduction. Due to the nature of the role, good communication skills are helpful.

The experience of a mental health difficulty is different for everyone; an Ambassador must be mindful of this and be respectful towards others to support an understanding conversation.

As the role is ongoing, Ambassadors must be willing to make a commitment to engage in Ambassador event's typically 3 to 4 times a year and participate in any mandatory trainings. Ambassadors must also engage in reporting and feedback while in this role.

Duties & Commitment

- To carry out the role as set out in the See Change Ambassador agreement, which will be covered in induction training.
- To attend yearly ambassador meetings
- To commit to Ambassador engagements approximately 3/4 times a year
- To participate in initial and ongoing training provided.
- To report to the attention of See Change any issues regarding any aspect of your role as an ambassador for See Change. This will include the submission of report forms.

- To submit feedback after taking part in ambassador engagements. This will include the submission of a report form.
- At all times to represent See Change in a manner that is in line with See Change values and responsible mental health communication practices.
- To act at all times according to the policies and procedures of See Change, which is outlined in our volunteer policy and which will be covered in the induction training.

Benefits of being a See Change Ambassador

- Full training provided (Media skills, public speaking, writing skills, etc.)
- Ongoing support (See Change Volunteer Officer, EAP scheme)
- Development of unique skill set.
- Experience of working with a national organisation.
- References provided upon completion of required period of service.*
- Out of pocket expenses covered**
- Help reduce mental health stigma

* Details re: provision of references outlined in See Change Volunteer policy

**Criteria and conditions apply as outlined in See Change Volunteer policy and Induction training