

@talkotr

talkofftherecord.org



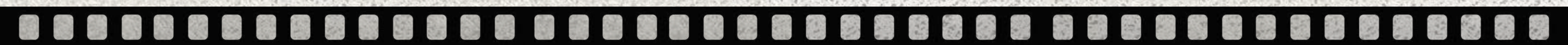
BECOME A

JOB PACK 2026



# YOUTH AMBASSADOR

TALK TO US



TALK TO US

OFF THE RECORD



**WANT TO HAVE  
YOUR SAY?**

As a Youth Ambassador, you will help shape our services and influence how we reach young people. Have your voice heard in local council consultations, join our Comms Committee to help run our social media, or plan exciting projects. If you want to make a difference in our communities, join our Youth Ambassadors.

# WHO ARE OFF THE RECORD?

Off the Record is a mental health charity providing free, confidential counselling to 11–25-year-olds across Croydon, Sutton, and Merton.

We are here to build bolder, brighter mental health for all young people. That means tackling barriers to access and challenging inequalities in mental health support and outcomes.

We run a range of services to meet local needs, including support for:

- Young Carers
- Young Refugees
- Those affected by serious youth violence
- Our Custody Suite service
- Mental Health Support Teams in schools
- First Contact (reducing wait times for counselling)

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Our Youth Ambassadors meet fortnightly on **Wednesdays, 5:00–7:00 pm** at **Portland House**, 678 London Road, CR7 7HU.

Each session includes activities, discussion, and snacks! It's a safe space to connect with others, get support for causes you care about, go on trips, and learn new skills.

# WHAT DOES BEING A YOUTH AMBASSADOR INVOLVE?

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# WHO ARE WE?

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## ABDULLAHI



**MEET TWO OF  
OUR CURRENT  
YOUTH  
AMBASSADORS...**

I became a Youth Ambassador to gain experience and knowledge in mental health and to meet new people. Off the Record was doing a lot of great things for the community, and that drew me to them, to give my support and help as well.

## RIAH



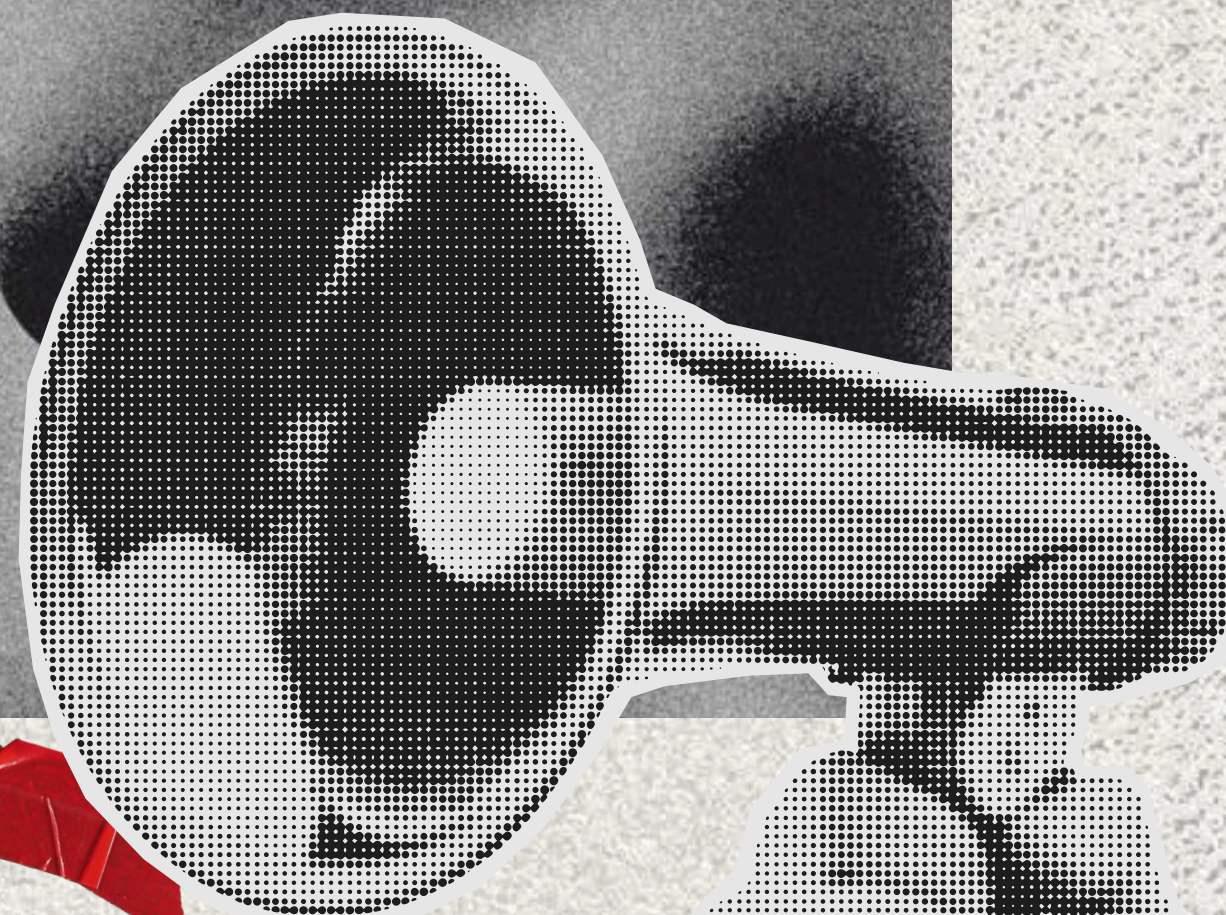
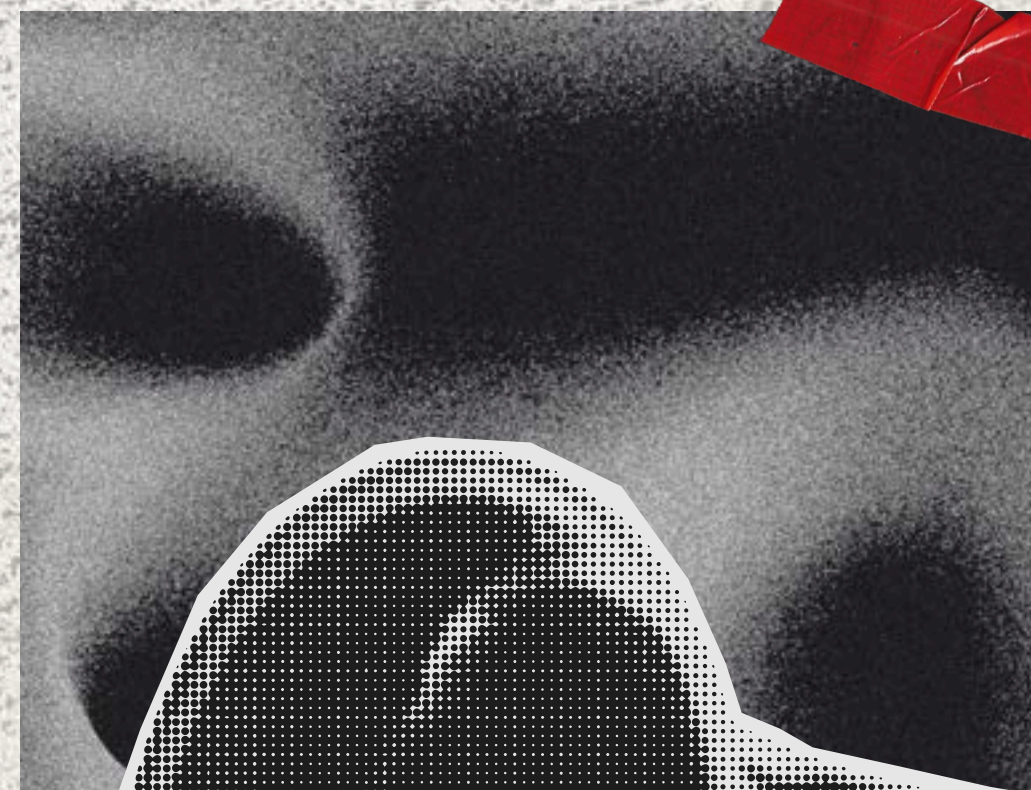
My journey with Off the Record began in 2021. I took part in a workshop to destress before exam season. When the opportunity to give back was presented, I took it. Now, here we are four years strong as a Youth Ambassador.

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# GET INVOLVED IN CAUSES YOU CARE ABOUT

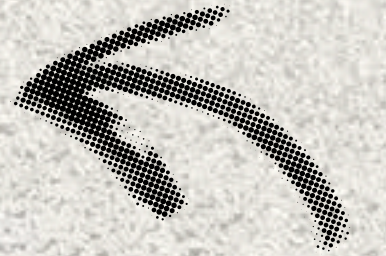
Last year, one of our Youth Ambassadors spoke at the Youth Assembly in Parliament—this year, it could be you. We are here to support your campaigns. You will get guidance from our Programme Coordinators and collaborate with fellow Ambassadors to make an impact.



# SUBSCRIBE TO THE POD

The Youth Ambassador  
podcast is back, bigger  
and better than ever!

Get involved in every stage: rebranding, inviting guests, planning, producing, and hosting. Our podcast created by young people, for young people in our community.



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# JOIN THE COMMS COMMITTEE

If you are into comms or social media, join our Comms Committee – and work directly with our Communications and Marketing team to create content that reaches young people.

Gain hands-on experience and see how comms works in the charity sector.

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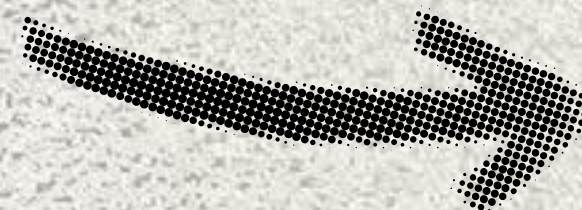


# DOES THIS SOUND LIKE YOU?



If you're thinking, "yeah, this sounds like me" — we want to see your manifesto.

Read on for how to apply.

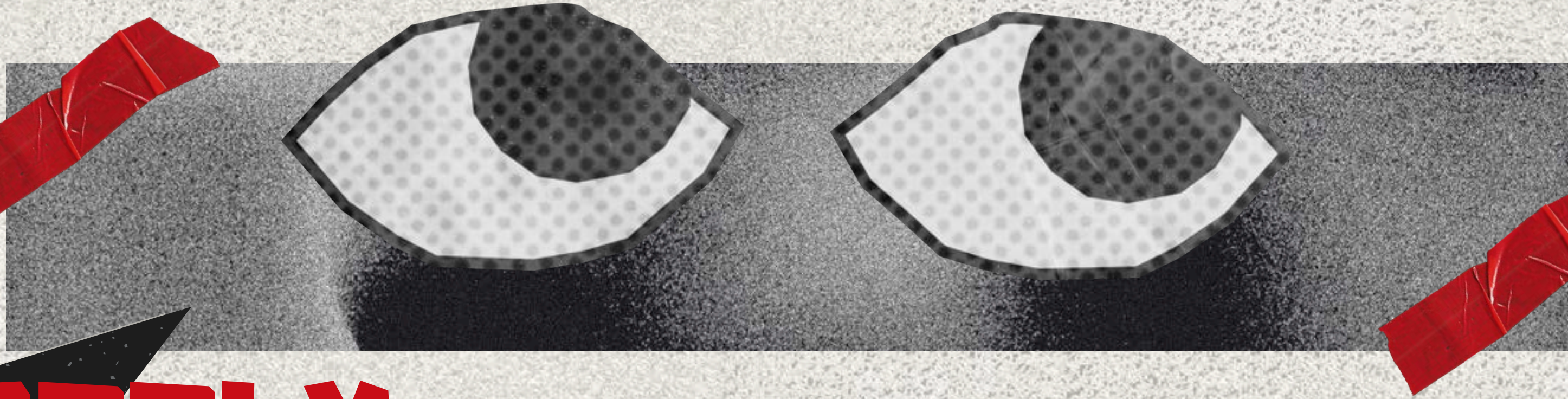


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# APPLY YOUR WAY

To apply, create your personal “manifesto” in any format you like: a poster, video, article, or anything else that expresses you.

Show us your passion for young people’s mental health in Croydon, Merton, and Sutton. Tell us:

- What you’re interested in
- The causes you care about
- What opportunities you would love from the programme
- And finally, why you!

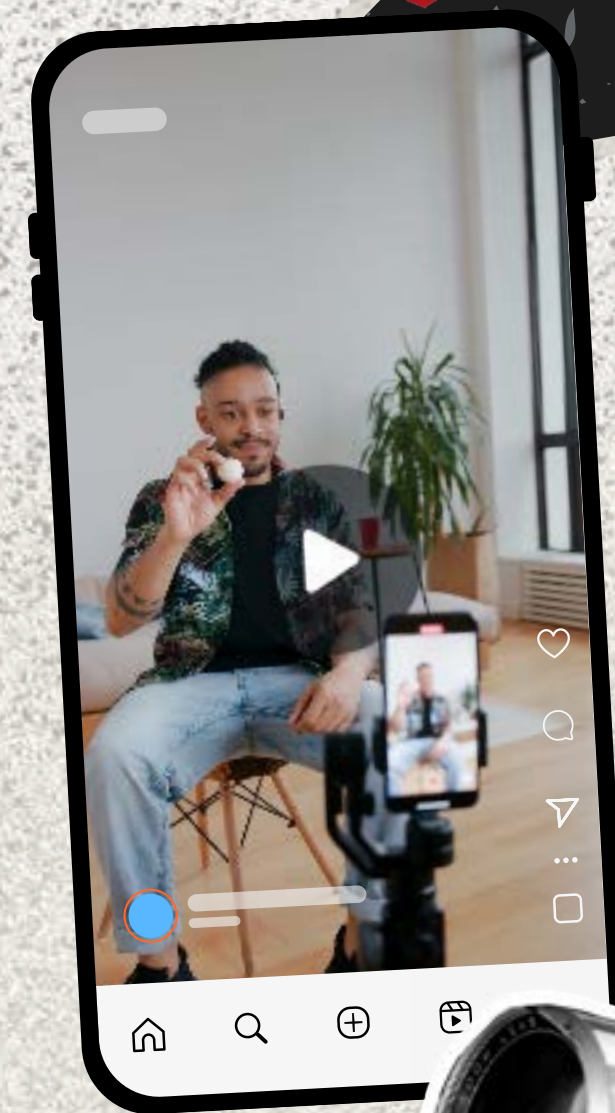


# NEED SOME IDEAS?

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Get creative

Make a zine



Dust off your camera and make a video entry

...or a poster!

# MAKE SURE YOU INCLUDE:

- Your name
- Your contact number
- Your passion for young people's mental health

- Causes or ideas you think the Youth Ambassadors should get involved in
- Why you'd be a great ambassador for your community
- What you hope to get from the programme

**Send your manifestos or any questions to:**

[youthambassadors@talkofftherecord.org](mailto:youthambassadors@talkofftherecord.org)

**Follow us at:**

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**WE CAN'T WAIT TO  
HEAR FROM YOU!**

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