

# Mental Health Youth Advisory Board

Hi, my name is Everett O'Donoghue, and I am the Young People's Mental Health Champion at Suffolk County Council.

Are you tired of being a tick box and not part of the actual conversation? I am looking for young people representatives to form a Youth Advisory Board (YAB) that will act as a shadow board to the Children's Emotional Wellbeing and Mental Health Steering Group and be involved in making key decisions about mental health transformation in Suffolk.

Being a part of this board could give lived experienced voices a bit more power, or at least the chance to actually be heard and not just technically considered!

If you have experienced mental health services, and/or have a passion to transform services and make them better, please come to our meetings. They will be held on the last Tuesday of each month on Microsoft Teams, the link is; Microsoft Teams meeting

Join on your computer or mobile app

[Click here to join the meeting](#)

We welcome all diverse voices, especially those that are underrepresented and marginalised – for example BAME and LGBTQ+ communities.

We are not working for the NSFT or any other mental health services so you will be free to speak your mind in a safe space with people who respect your experiences.

Contact: [everett.odonoghue@suffolk.gov.uk](mailto:everett.odonoghue@suffolk.gov.uk) for the Meeting links or for more info!

Have your  
say, and  
actually be  
heard!  
("Negativity"  
also welcome  
& respected)



WE CARE ABOUT YOUR CARE



SUFFOLK ASSEMBLY OF YOUTH

