



The Go-To

For healthy minds in North Yorkshire

The Go-To Champions

Are you a young person, parent, carer or professional interested in promoting mental health and emotional wellbeing? **YOU** could be a **Go-To Champion**.

We are looking for Go-To Champions to help spread the word and contribute towards our fantastic website, [The Go-To](#).

Anyone can be a Go-To Champion. Perhaps you are a parent wanting to support your child's mental health, or maybe you are a professional who wants to do more. Being a Go-To Champion is also a great opportunity for young people to support one another through a **community** of other Champions. With the current climate being full of uncertainty for young people and graduates due to Coronavirus, this could be a healthy way of channelling those feelings and spending your time, as well as it looking good on your CV. Mostly, being a Go-To Champion is about being a positive **role model**, which could not only help improve your own mental health and wellbeing, but that of young people in the rest of North Yorkshire too.

So, what do you do?

There are three ways you can get involved as a Go-To Champion:

1. Writing and reviewing website content- perhaps you have always wanted your own website, but were unsure how to start going about it. Well as a Go-To Champion, we want you to have some ownership over our website. Maybe you've spotted some gaps in the website which would benefit from extra information. All creative ideas are welcome.
2. Social Media- we are looking to branch out to the world of Instagram, Facebook and Twitter. If you think you could help us with managing any of these accounts, get in touch.
3. Writing a blog for our website- we want to celebrate our Champions. Whatever your experience is with mental health, sharing it with others could help someone out. We all have mental health and through sharing and listening to others, we can break the stigma and support one another.

We want to **shape the role around you**. So if none of the above catches your eye, but you have other ideas on how to contribute, we would love to hear them. We can also be flexible with how much time you are able to commit, every little helps.

How to get started:

If you see yourself as a Go-To Champion, drop us an email at ny.cyp@nhs.net. We will aim to get back to you as quickly as possible and from there, set up a 30 minute chat to get to know more about you and how you may be able to help.

We look forward to hearing from you!

