



AMBASSADOR APPLICATION REQUIREMENTS

If YOU meet certain criteria, we are looking for YOU as an ambassador!

What is an ambassador?

An Ambassador actively helps ZETA Movement create a dialogue on mental health with students to reduce the stigma around mental health. An Ambassador goes into school classes with experts and gives a voice to the complex and difficult topic of mental health by sharing their own experience.

What does an ambassador do?

An Ambassador goes to school classes with a psychologist/psychiatrist and talks about their own experiences with mental health. The psychologist/psychiatrist is there to advise YOU, can add things from a scientific and therapeutic point of view, and help if YOU need a break, are unsure how YOU should answer questions, etc.

How is an ambassador being prepared for their tasks?

An Ambassador is prepared for his/her task in an informative, instructive workshop led by experts. Together with other Ambassadors, YOU learn what YOU are allowed/able to tell and what needs to be considered when dealing with school classes, where boundaries lie and opportunities for dialogue arise. This gives YOU the opportunity to prepare for the upcoming task together with other Ambassadors and with the help of experts.

Requirements:

- YOU are between 18 and 30 years of age.
- English is YOUR mother tongue and preferably you can also understand German, French or Italian.
- YOU must be willing to talk openly about YOU mental health, YOU diagnosis, and YOU experiences
- YOU should be able to ask more critical, curious, triggering questions at best.



- If YOU are in an acute crisis situation (severe mood swings or rapid onset of thoughts of hurting YOU or others), or are in intensive therapy (in the middle of treatment for YOUR mental health issues), we ask YOU not to apply (yet). But there are many other ways YOU can support our association and be part of ZETA Movement!
- YOU should be willing to make YOUR time available. Probably especially during the week.

Do YOU have any questions?

Email us at ambassadors@zetamovement.com or contact us on social media.

ZETA Movement

Youth for Mental Health Awareness Switzerland
Für einen offenen und ehrlichen Dialog zur Psychischen Gesundheit
Pour un dialogue ouvert et honnête sur la santé mentale
Per un dialogo aperto e sincero sulla salute mentale

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