



MENTOR
MINNESOTA



BECOME A MENTAL HEALTH AMBASSADOR

*A no-cost, youth-led program
from MENTOR Minnesota*



IN PARTNERSHIP WITH THE LOPPET FOUNDATION



PROGRAM KICKS OFF OCTOBER 22



Apply by **Friday, September 18**



INTERESTED IN JOINING?



Questions?
mha@mentormn.org



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WHAT IS MHA?



WHAT IS MHA?

An evidence-informed program that trains youth and adults in mental health support, suicide prevention, and advocacy so they can make a real impact in their communities.



WHAT YOU'LL DO

- ✓ Get trained in Youth Mental Health First Aid
- ✓ Learn to recognize signs, offer support, and connect peers to help
- ✓ Learn practical tools and local resources before crises emerge
- ✓ Work on an advocacy project to make real change in your school or community



8 Sessions



Youth-led



**Practical
support skills**



**Real community
impact**



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WHO CAN APPLY?



*Join a movement. Make an impact.
Support mental health.*



YOUTH AMBASSADORS

- ✓ Ages 14–18 who are passionate about mental health.



ADULT ADVOCATES

- ✓ Adults 18+ who want to support and empower young people.



PARTICIPANT PERKS



Youth: receive up to
\$250
for participating



Adults: receive up to
\$150
for participating



APPLICATION DEADLINE: FRIDAY, SEPTEMBER 18



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WHY JOIN MHA?



PROGRAM HIGHLIGHTS



8 SESSIONS

Monthly sessions
throughout the year



BUILDS YOUTH-ADULT RELATIONSHIPS

Meaningful connections
that support growth
and belonging



SUICIDE PREVENTION + ADVOCACY TRAINING

Learn skills to support
peers and advocate
for mental health



TANGIBLE COMMUNITY IMPACT

Lead projects that
create real change
in communities

IMPACT



90
conversations
with young
people



83.3%
Adult
retention



100%
Youth
retention



Greater
youth confidence
in giving
referrals

“ The youth-led aspect is really
unique and powerful.”



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PROGRAM CALENDAR

Mental Health Ambassador Program



Application
due Friday,
9/18

DATE	SESSION	TOPIC	MODALITY	TIME
10/22	1	Onboarding	In-Person REQUIRED	6–8pm
10/23	2	Adults: Youth Mental Health First Aid	In-Person REQUIRED	9am–3pm
10/24	2	Be There Training	Virtual REQUIRED	9am–1pm
10/27	3	Suicide Prevention	Virtual	6–8pm
11/5	4	ACES/Trauma	Virtual	6–8pm
11/10	5	Community Building/ Advocacy Project	In-Person REQUIRED	6–8pm
11/12	6	Advocacy Project Work Time	Virtual	6–8pm
11/14 or 11/17	7	Advocacy Project Work Time	Virtual	6–8pm
11/19	8	Graduation	In-Person REQUIRED	6–8pm



IN-PERSON SESSION LOCATION:

The Trailhead at Theo Wirth Park

1221 Theodore Wirth Parkway, Minneapolis, MN 55422



QUESTIONS?



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