

YOUTHreach

Be part of the conversation!

Talking about mental health helps.
Sharing stories helps even more.
And *you* can help make that happen.



Become a YOUTHreach online ambassador!

YOUTHreach is looking for people who want to use their voice online to support youth mental health across Europe. You don't need to be an expert: just real, open, and willing to share.

Why?

Your voice matters!

Sharing insights and experiences helps others feel less alone. Your post can make research findings easier to understand. You help shape youth-friendly mental health knowledge and support. Your story, creativity, or perspective can inspire change.

How? (choose what fits you!)

On our website www.youth-reach.eu:

- > Write a blog about your personal or professional experience
- > Talk about mental health research

On Instagram @YOUTHreach_eu:

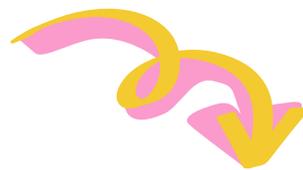
- > Share posts, stories or reels about mental health
- > Tag us, collaborate, or repost content

On LinkedIn @YOUTHreach_eu:

- > Share articles, reflections or project insights
- > Highlight why youth voices matter in research and policy

On YouTube @YouthreachProject:

- > Create short videos or vlogs
- > Share coping tools, daily routines, or reflections



YOUTHreach

10 tips for sharing!

Looking for inspo?

Here are some ideas to inspire your next post.

1 Introduce yourself

Share who you are and what motivates or inspires you.

2 Explain why your experience matters

Connect what you do to young people and their mental health.

3 Show collaboration

Highlight teamwork, youth involvement, or interview a colleague or partner.

4 Share personal or professional insights

Talk about a trend, question, publication, conference, or event you found interesting.

5 Use simple formats

Short posts, visuals, or short videos all work. No fancy setup: your phone is enough.

6 Keep it real and readable

Be yourself, avoid jargon (or explain it briefly), and add personal reflections.

7 Create safe spaces

Use trigger warnings when needed and remember: boundaries are okay.

8 Go behind the scenes

Show a moment from your day: real life always beats perfect content.

9 Support each other

Like, share, and comment on posts from YOUTHreach members or youth mental health advocates.

10 Tag & hashtag smart

Always tag @YOUTHreach_eu, use #YOUTHreach, plus 1–2 relevant hashtags.



Reach out to us: we'd love to meet you!

As an ambassador, you help share YOUTHreach through your own network, bring our research to life, and strengthen a shared European conversation on youth mental health. You become part of a warm and inspiring international community of people who want to change how youth mental health is understood and supported.

YOUTHreach supports you with guidance, ideas, and a safe framework.



Funded by
the European Union

YOUTHreach is funded by the European Union under grant number 101156514. Views and opinions expressed are however those of the author(s) only and do not necessarily reflect those of the European Union or European Health and Digital Executive Agency. Neither the European Union nor the granting authority can be held responsible for them.