



HEALING MINDS. INSPIRING LIVES

+91-9552530557

contactus@sangath.in

www.sangath.in

Internship Opportunity: Youth Engagement & Communications Intern

PROJECT: It's Ok To Talk (IOTT)

POSITION: Youth Engagement & Communications Intern

LOCATION: Hybrid. At least one in-office day/week at Sangath office, East of Kailash, New Delhi.

DURATION: 3 months (July - September 2026), with possibility of extension up to 6 months.

TIME COMMITMENT: Up to 15 hours/week (negotiable).

NUMBER OF POSITIONS: 1

DEADLINE TO APPLY: 18 June 2026

ABOUT SANGATH

Sangath is a non-profit organisation working to improve mental and physical health across the lifespan through community-based approaches. Sangath's work focuses on child development, adolescent and youth mental health, and adult mental health and addictions research.

ABOUT IT'S OK TO TALK

[It's Ok To Talk \(IOTT\)](#) is a youth-led, bilingual web-based storytelling platform launched in 2016. Through personal stories, we aim to create a safe, supportive space where young people share their mental health experiences to help others feel less alone, reduce stigma, and help them understand and respond to emerging mental health problems.

The project is currently supported through the Stavros Niarchos Foundation (SNF) Global Center Research Fellowship, as part of preparations for a future large-scale research evaluation.

RESPONSIBILITIES:

A. Social media and communications

1. Create engaging social media content, including posts, carousels, posters, and story promotions.
2. Support storytelling campaigns and outreach activities.
3. Adapt and translate communication materials between English and Hindi.
4. Help organise communication resources and tracking documents.
5. Compile monthly social media insights and engagement summaries.

Registered Office Address

Headquarters: House no. 451 (168), Bhatkar Waddo, Socorro, Porvorim, Bardez, Goa – 403501

B. Storytelling and Events

1. Provide logistical and documentation support for public engagement activities, including storytelling and campaign-related events.
2. Support the publishing of multimedia story submissions on the It's Ok To Talk website by:
 - a. Translating stories between English and Hindi
 - b. Converting written stories into audio formats
 - c. Uploading and formatting stories on the website
3. Maintain story databases, consent forms, and content tracking systems.

C. Coordination of Young People's Advisory Group (YPAG) and research activities

1. Assist with meeting logistics, documentation, note-taking, and follow-up actions.
2. Assist with activities related to a youth mental health user-testing research study, including participant coordination, scheduling, and organisation of study materials.
3. Help maintain research documentation and tracking systems as needed.

WHO WE'RE LOOKING FOR:

Required:

1. BA or MA student/graduate in any discipline.
2. Strong interest in youth mental health, storytelling and visual/digital communication.
3. Excellent written and verbal communication in English and Hindi.
4. Demonstrated experience using design and content creation tools such as Canva and InShot.
5. Good organisational skills and ability to manage timelines for assigned tasks.

Ideal candidates also have:

1. Experience creating social media or visual content
2. Involvement in college societies, youth initiatives, campaigns, or student-led events
3. Interest in mental health advocacy, media, or storytelling

Youth from marginalized backgrounds and with living/lived experiences of mental health difficulties are especially encouraged to apply.

WHAT YOU CAN EXPECT:

1. Hands-on experience working on youth mental health campaigns and storytelling initiatives
2. Opportunities to build skills in content creation, digital communications, and public engagement
3. Exposure to youth mental health research and the day-to-day running of a youth-led digital platform.
4. Mentorship, supervision, and regular feedback from the team
5. A monthly stipend will be provided for the duration of the internship.



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HOW TO APPLY:

Please complete the application form:

Scan the QR code or click on this [link](#) to access the form.



If you have any questions, please write to: info@itsoktotalk.in

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