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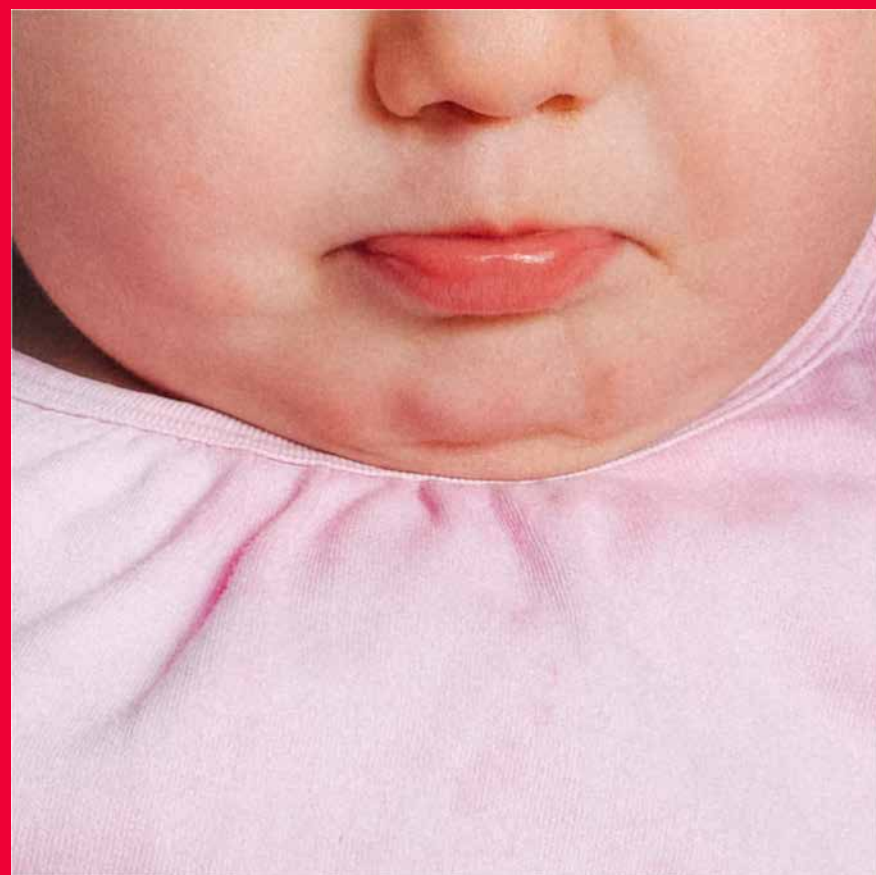
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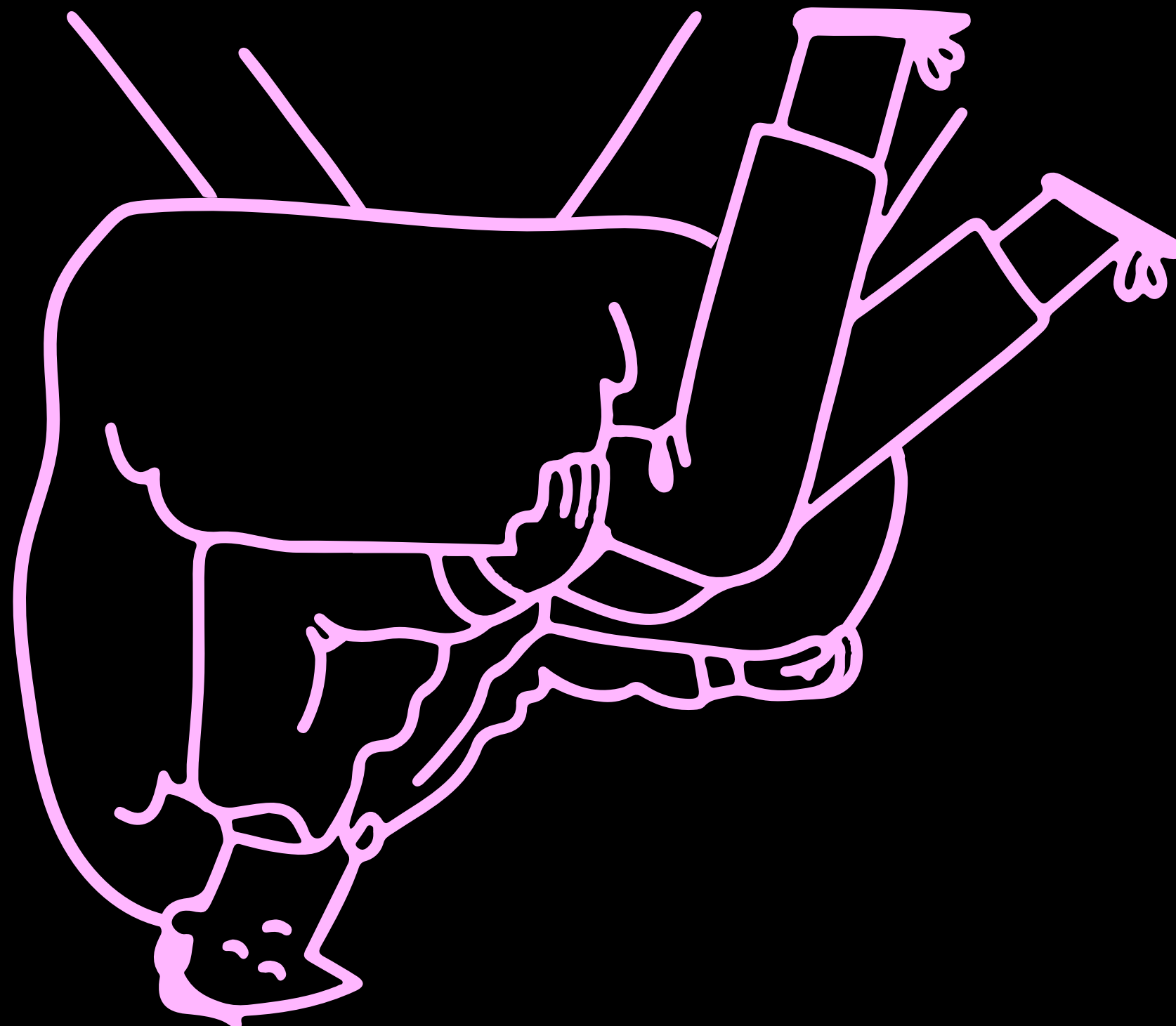
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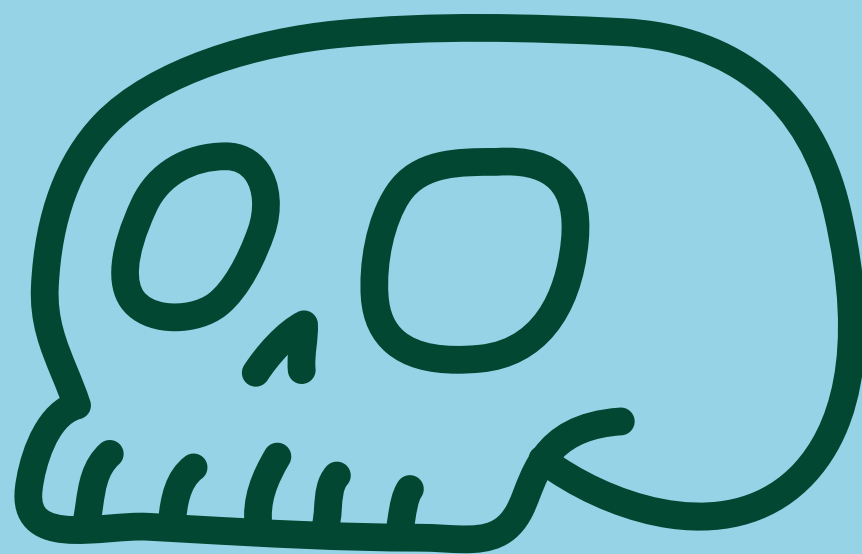
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# Contents

# 12

# Setting up a mental health champions scheme

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# Workplace mental health champions

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# Community mental health champions

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# Support for you and your mental health champions

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# 31

# Planning your champions scheme

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# Mental health champions action plan template

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# Workplace mental health champions

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# Community mental health champions

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Support for  
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Planning your  
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Mental health  
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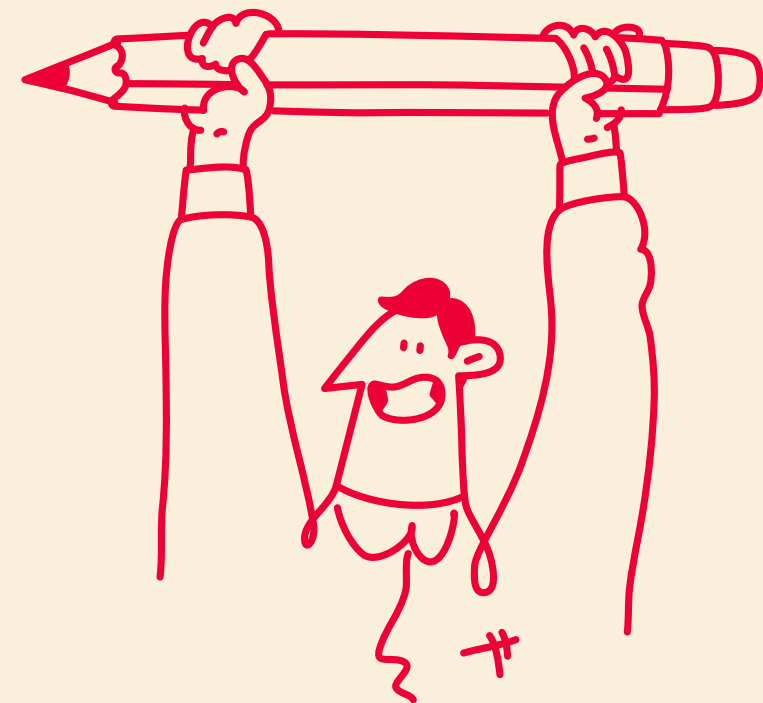
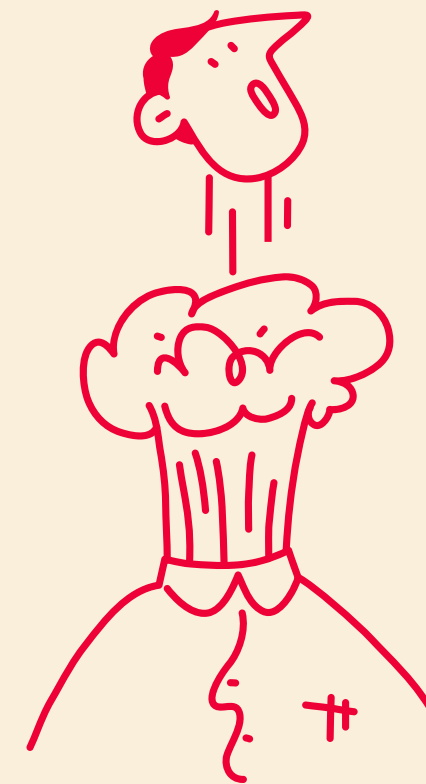
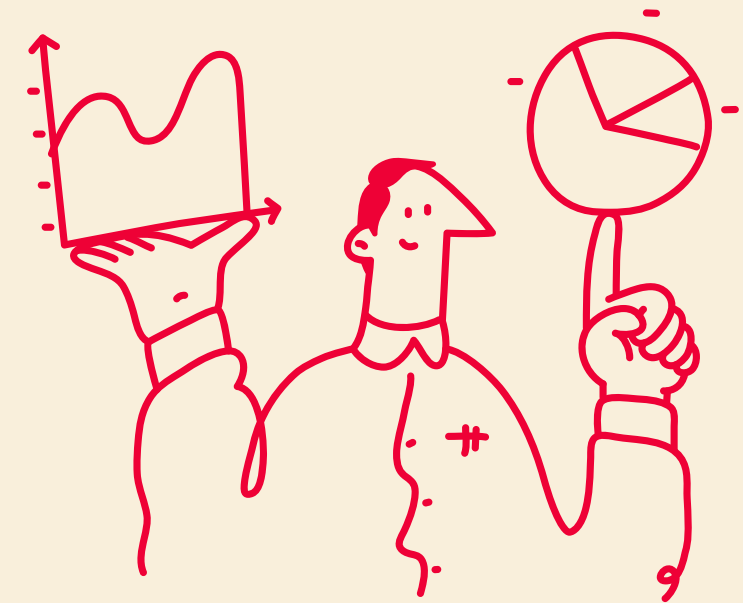
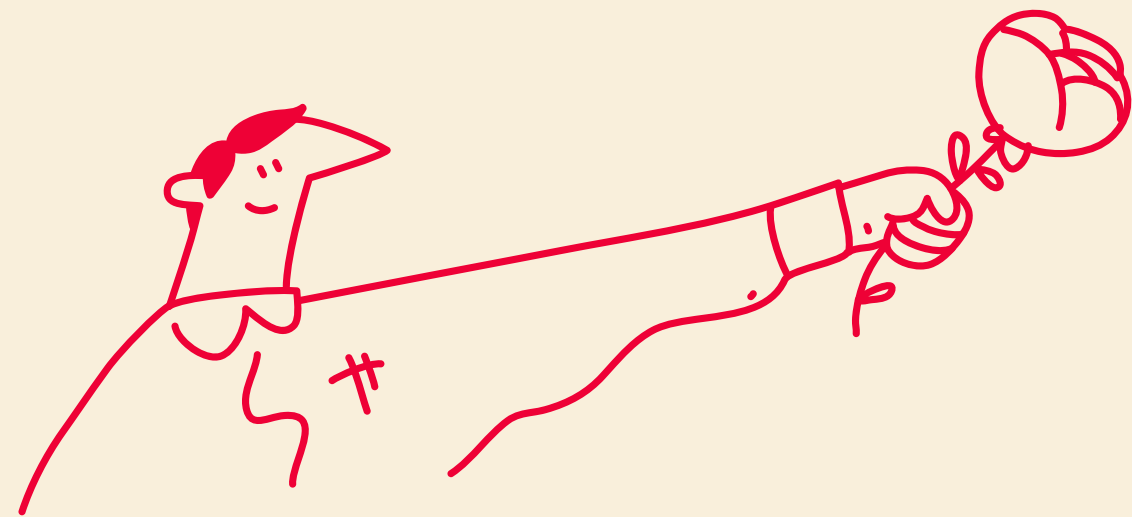
# Setting up a mental health champions scheme

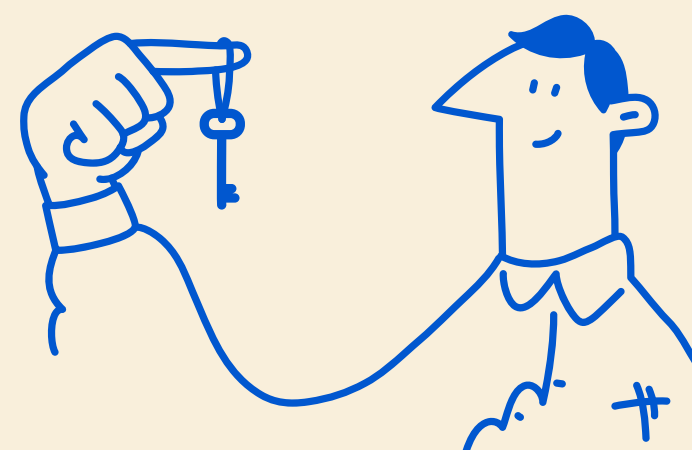
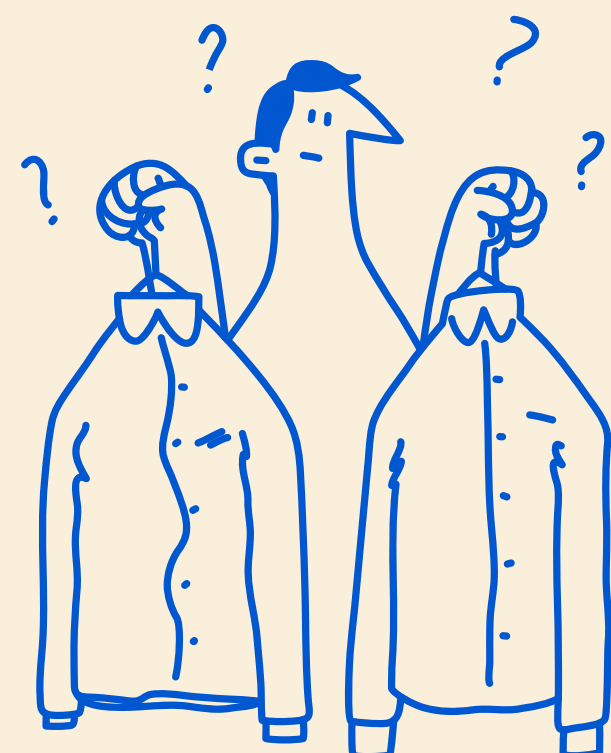
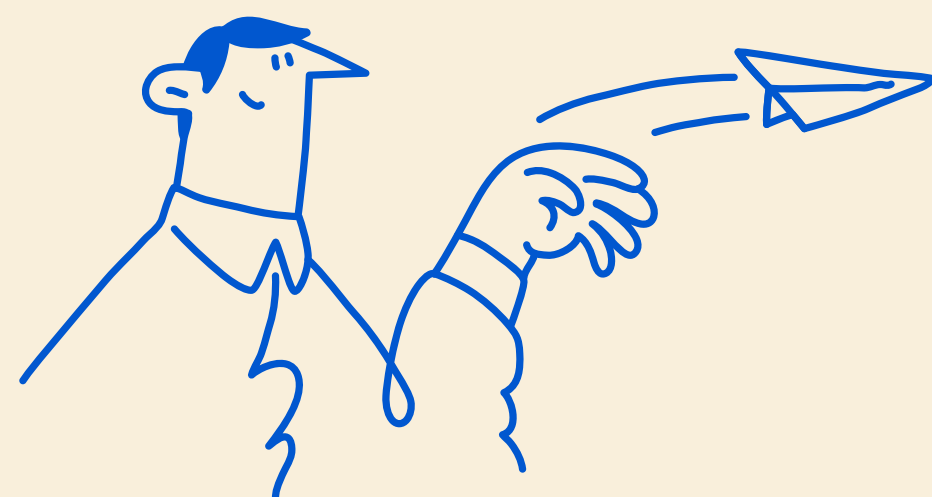
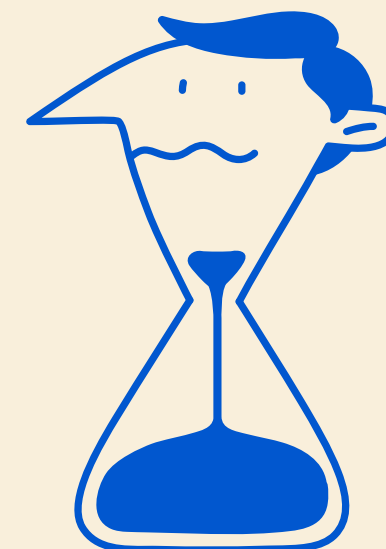
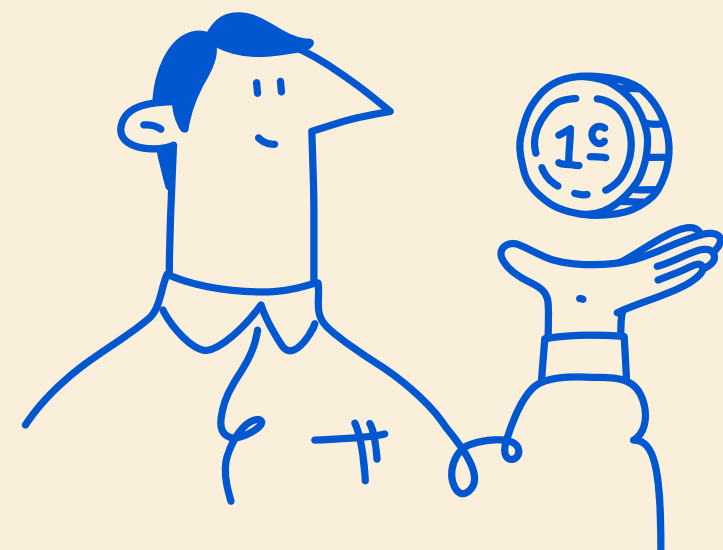
# What's involved?

Being a champion is a voluntary role, so it's important to give careful thought to how you can best use your champions to bring about positive change. As with any volunteer role, people are choosing to invest their time, so it should be a positive experience for both the champion and the organisation, club or group. You can help by:

- having a clear purpose for the role
- providing a positive experience and a feeling of achievement
- encouraging your champions to bring their own skills and experiences to the role
- empowering them to develop new skills and experiences
- setting and maintaining boundaries
- being clear on the help available to support their own, and other people's, mental health.









# **We will cover**

- Champions
- Recruiting Champions
- Supporting Champions & Safeguarding Champions

# Champions are not expected to:

- Be a counsellor
- Give advice
- Be an expert on mental health
- Achieve any particular result
- Do anything they are not comfortable doing

**Why is it important  
Champions don't provide  
mental health advice and  
support to the public.**

Whilst Champions are experts in their own experience of mental health problems and can therefore share information about their own mental health problem and what support has helped them, they are not expected to be clinical professionals.



# Recruiting Champions - How?

- Start at your own starting point. Be realistic
- Posters to let people know how to get involved
- Drop-in information sessions on what your doing
- Blogs, vlogs, other social media
- Word of mouth and endorsements from influencers
- Champion role description

**BRP  
WEAVE  
TIME -  
10 MINS.**



# UK Champion involved as a media volunteer

“My opinion of the media has totally altered since I became a media volunteer – they are genuinely understanding and interested in raising awareness for the cause. Unquestionably this process has been pivotal in my recovery.”





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