



# What is a Mental Health Champion?

A Mental Health Champion has undergone additional skills training to help promote positive mental wellbeing within their environment.

#MentalHealthChampions

The training has been targeted at people who are likely to be able to use these skills alongside their normal role and you will be supported to think about how this might look for you.



## The training will support you with the skills to:



Support & engage others to talk about mental health & wellbeing



Listen to & be a contact point for people who may be struggling



Signpost to appropriate internal & external support



Help to embed positive changes within their sport/environment



Be an advocate for mental health and promote wellbeing



Role model behaviours supporting mental health



### AWARENESS

Develop core skills through training



### APPLIED KNOWLEDGE

Promoting positive mental health



### SUPPORT

Reflective Practice in follow up sessions

## Speak to our team about MHC Training



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