



DERBYSHIRE MENTAL HEALTH CHAMPION NETWORK



Would you like to become a Mental Health Champion?

Are you interested in promoting Mental Health and Wellbeing in your community or workplace?

If you are passionate about mental health or have an interest in improving mental health across Derbyshire then why not become a Mental Health Champion?

What is a Mental Health Champion?

A Mental Health Champion is someone who will:

- Promote key mental health messages through displays, discussions, events and conversations
- Promote anti stigma messages within their community or workplace
- Provide a positive influence on their workplace or community
- Promote specific information and literature around managing mental health
- Provide guidance on managing conversations around mental health and how to effectively signpost to help and services

Becoming a Mental Health Champion – what’s involved?

You do not need any qualifications just the enthusiasm and will to make things better.

The commitment could be as little or as much as you wish. It could be as simple as an hour a week or more if you are organising a promotion or campaign - it’s entirely up to you.

What support will you receive?

- Access to a free half day training to help you carry out the role
- Continued support through the Derbyshire Mental Health Champion Network which will include regular e-newsletters and network meetings

For information on training dates visit

www.derbyshire.gov.uk/healthyworkplaces

For more information and to register for the Mental Health Champion Training email **healthyworkplaces@derbyshire.gov.uk** or call **01629 537662**.

