

Mental health champions make a real difference to workplace culture

Why have mental health champions?

They are reminders of an organisation's commitment to wellbeing and together they help shape a more empathetic workforce as they promote greater understanding of the needs and feelings of others.

Champions Training Course

At Mind in Harrow, our Mental Health Champions training course focuses on the key skills champions require, how to start conversations about mental health, provide information and resources, tackle stigma and organise activities to promote wellbeing. If you are interested to find out more, please get in touch.

training@mindinharrow.org.uk



How to become a Mental Health Champion

You don't need to be an expert to talk about mental health. If you are interested in mental health and wellbeing, willing to be open and approachable about positive change, get in touch with us.

More info at:

[Mind in Harrow Workplace Training](#)

Benefits of the course

- Improve understanding and awareness of the role and skills of Mental Health Champions
- Be more confident to start mental health conversations at work
- Gain knowledge of signposting and support options
- Become aware of opportunities and solutions for wellbeing activities
- Reflect on the importance of self-care in the role of Mental Health Champion

Training Delivery

This workshop is developed to run for 3,5 hours with suitable breaks. It is currently delivered via Zoom or Teams at a time that suits your team. We can also tailor the content and duration to fit your training requirements.

Get in touch

Call 020 8426 0929 or send us an e-mail on training@mindinharrow.org.uk

You can also [get in touch](#) on our contact page.



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Course Content

- What does it mean to be a Mental Health Champion?
- What are the key skills of champions?
- How to start conversations about wellbeing
- Where to signpost someone
- How to organise activities to promote wellbeing
- Why is it important to fight mental health stigma?
- The self-care of Mental Health Champions

