



# Mental Health and Wellbeing Champion

**Harness your colleagues' passion for mental health and wellbeing in the workplace. Equip employees with the knowledge and confidence to promote mental wellbeing services, initiatives, and activities.**

## Group booking options:

**Delivery:**

Face-to-face  
Remote

**Participants:**

Up to 12  
Up to 12

**Duration:**

Full day  
Six hours (over three sessions)

Create a network of colleagues to develop a meaningful impact on mental health in your organisation

Provide a point of contact for mental wellbeing issues outside line management structures

Increase staff engagement and productivity, reducing absence levels and staff turnover

*Mental health challenges directly affect employee productivity – and can be costly for all employers.*

*To see real change, organisations need employees to engage with the topic of mental wellbeing. Mental Health and Wellbeing Champions can support colleagues while taking pressure off managers and show a real commitment to employee mental wellbeing.*

## What you'll learn

- The mental health continuum and the symptoms people experience as their mental wellbeing changes
- Symptoms of various conditions and risk factors in personal and work life
- Defining the role of a Mental Health and Wellbeing Champion within your company (can be guided by the company or created by the delegates as part of the session)
- Signs someone may be struggling with mental health, how to approach a conversation and act on concerns

## Who this course is for

Colleagues who are passionate about health and wellbeing, and willing to volunteer to the role in addition to their regular duties. You may have already have mental health and wellbeing champions, ambassadors or advocates in your business - this course will provide practical skills to support them in their role.



*The online course was well organised and appropriately delivered (i.e. time of each session).*

*The course instructor was well informed and encouraged participation from all of us, considering the course content it was enjoyable to attend and extremely interesting.*



**Claire, SouthWest Water**

## Course summary

We will help to develop the skills and confidence needed to become a Mental Health and Wellbeing champion in your workplace.

Participants will be able to signpost colleagues to support and information, to raise awareness and to identify and share good practice. They will also be equipped to work with key internal stakeholders, to feed back ideas and suggestions and to promote wellbeing in general.

Participants will expand their knowledge of mental health and the signs and symptoms to look out for.

There will be a focus on how to approach a conversation and act on any concerns.

There will be an opportunity to bring the role of Champion in the business alive by exploring signposting options, how to work with key people in the business and awareness raising.

Participants will also work out how to support each other proactively and reactively and make a plan for embedding the role in the business.

Information specific to your company can be added throughout the course, making it immediately applicable in the workplace.

## About us

Our expert team have been delivering workplace training to organisations from all sectors for decades, helping to shape culture and inclusivity of workplaces across the UK. We specialise in helping both employers and employees to develop the knowledge, confidence and capacity to effectively support colleagues and

individuals with a disability or health condition.

All our training is delivered by a team of experienced consultants, who have extensive knowledge and a practical understanding of workplace issues.

## Get in touch

To book, for more information or for a tailored quotation, contact us:



**0300 456 8113**



**training@healthmanltd.com**