



# Mental Health Champions

Champions support the running of **internal awareness events**, the distribution of **information** and **guide colleagues** to get appropriate support.



## What are champions?

Mental health champions take action to raise awareness of mental health and challenge stigma in the workplace.



## We're here to support with:

- Helping you to source champions in your workplace
- Training champions
- Ongoing 1-1 support with champions throughout their role



# Ready to talk?

Get in touch with our friendly team today to learn more about mental health champions and how we can support you.



"Mental health champions are fundamental for any workplace that is responsive and active in promoting better mental health at work."



**Claire Neal**  
Head of Workplace Mental Health



## Get in touch

Email - [workplace@mentalhealth-uk.org](mailto:workplace@mentalhealth-uk.org)

Mental Health UK

28 Albert Embankment

London

SE1 7GR