



YOUNG PEOPLE'S MENTAL HEALTH
Education, Outreach & Counselling

Mental Health & Wellbeing Champions Training

Monday 3rd April, 10am-3pm

The Wellbeing Champions Programme aims to give participants the **skills and knowledge** they need to **safeguard** their mental health and that of their peers. In this champions programme, educators will work through a **mental health awareness workbook** that covers the topics of mental health, **stigma and discrimination, spotting the signs**, including **non-judgemental listening** and the **responsibilities** of a mental health and wellbeing peer educator.

Champions can help young people in their school, college, and community to build the **skills and confidence** to help change how people think and act about mental health and wellbeing issues.

- They can spot signs and symptoms of people who may not be coping and intervene with skilled wellbeing conversations.
- To be a good role model and listener.
- Build awareness of sources of help.
- To be kind, caring and understanding of others.

Wellbeing Champions can use various means to do this, such as; assemblies, presentations, peer support groups, stalls and events.

The YiS team will support all peer mentors for up to 6 months after the completion of the Champions Training.

This 5-hour workshop includes a certificate, handbook and mental health pin.



**Bedfordshire, Luton
and Milton Keynes**
Integrated Care Board

**If you or someone you know is interested in
taking up this Champions Training, please
scan the QR Code to register on Eventbrite**

