

Mental Health



Champions and Hubs

Mental health champions are community leaders in a Citizens UK membership organisation working towards championing mental health and well-being in their organisation and community. A mental health hub is a member organisation seeking to prioritise mental health.



Citizens UK member organisations becoming mental health hubs agree to:

- Work with their mental health trust to develop training in mental health awareness for community leaders
- Appoint at least one person to become a mental health champion and attend the community champion mental health training
- Celebrate mental health month in a way that makes sense to their organisation
- Get buy in and support from the leadership team or community leader to support the initiative and ensure safeguarding practices are kept
- Ensure that their community has a relational culture that keeps people connected through 121s

Mental Health Champions agree to:



- Attend mental health champion training
- Have low level conversations with people about mental health
- Sign post people in the right direction if they need more support
- Find creative ways for their organisation to talk more about mental health and well being
- Work with the leadership team of the organisation to ensure mental health is championed and that all the safeguarding procedures are in place



Resources

Free Coronavirus course developed by Tees, Esk and Wear Valleys NHS Foundation Trust

<https://www.recoverycollegeonline.co.uk>

Support for parents

<https://www.familylives.org.uk/how-we-can-help/parentchannel-tv>



Citizens UK resources

<https://www.citizensuk.org/mental-health-crisis-covid19>

