

Become an Everymind Champion



Employees can make just as much of an impact on the wellbeing of their colleagues as their employer by becoming an Everymind Champion.

Why become an Everymind Champion?

The Everymind Champion course is a 1-hour long interactive online course designed to equip individuals with the tools to support themselves in the workplace, provide support to others alongside giving practical suggestions to improve mental health within the workplace.



The course doesn't need to be completed in one go. This means employees can work on it in their own time.

What a Champion is:

Someone who can provide peer support

Someone who takes action in raising awareness around the importance of mental health

Someone who (if they wish) can share their own experience with mental health to inspire others

Contributes to the goal of reducing stigma surrounding mental health in the workplace

What a Champion is not:

A therapist

An expert in mental health

Someone who is obliged to share their own experiences

What you get:

- ✓ Access to the Everymind Champion course - for free!
- ✓ A certificate of completion
- ✓ Monthly newsletters with actionable steps
- ✓ Additional resources and learning materials
- ✓ Networking opportunities with other Everymind Champions
- ✓ Plus more...



Visit www.everymindatwork.com/everymind-champion or scan the above QR code to get started