

Become an Everymind Champion

Why become an Everymind Champion?

The Champion course is a 1-hour long interactive online course designed to equip you with the tools to support yourself and others at work, alongside practical suggestions to improve mental health within the workplace.

A Champion is someone:

- ✓ Who can provide peer support
- ✓ Who takes action in raising awareness around the importance of mental health
- ✓ Who (if they wish) can share their own experience with mental health to inspire others
- ✓ Who contributes to the goal of reducing stigma surrounding mental health in the workplace



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

A Champion is not:

- ✗ A therapist
- ✗ An expert in mental health
- ✗ Someone who is obligated to share their own experiences

What you get:

- ✓ 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 QR code to get started

