



# Mental Health Champions



UNCONTROLLED

## External Organisations



Employability - Maximus UK



Mind - Treatment for stress



Lancashire Mental Health Helpline

UCLan Mental Health Champions are colleagues who have undertaken Mental Health Awareness Training.

Our role is to support colleagues and contribute to a Mentally Healthy University.



[Click here for upcoming Events:](#)

[Events and Development](#)

## Quick Links:





Home

msuclanac.sharepoint.com

## What do Mental Health Champions do?



- Promote positive Mental Health through the planning and delivery of a range of wellbeing activities.
- Provide light touch support to colleagues by signposting to appropriate professional support as required.
- Present sessions on Mental Health and stigmas.
- Provide top tips to other members of the workforce on how to engage people with a Mental Health problem.
- Signpost to sources of professional help and support.

## What don't Mental Health Champions do?



- Mental Health Champions *DO NOT* provide any of the following:
  - *Counselling*
  - *Occupational Health Advice*
  - *Or replace mental health services*
- Mental Health Champions are not intended to duplicate or replace the role of the People Team, we work alongside the People Team to create a positive mental health at work experience for everyone.

UCLan has Counselling and Occupational Health services for colleagues which can be accessed here:

- [Staff Counselling and Psychotherapy](#)
- [Occupational Health](#)

Meet our Mental Health Champions!