

Mental Health Champion course (free)

Are you interested in promoting mental health and wellbeing in your community or workplace, then why not become a Mental Health Champion?

Your time commitment could be as little or as much as you wish. Examples of a Mental Health Champion's activity include:

- Promoting key mental health messages through displays, discussions, events and conversations.
- Promoting anti-stigma messages within your community or workplace.

We offer a free half-day training course to help you have the skills and confidence to be a Mental Health Champion. To book a place and for further information please email Mental.Health@derbyshire.gov.uk