

**Mental Health Champions Needed!**

**Are you passionate about ending the stigma and discrimination around mental health?**

1 in 4 people experience a mental health problem every year. Half of them say that the associated isolation and shame is worse than the condition itself.

Time to Change Champions are a movement of people across the country who **use their own experience** of mental health problems to change the way we all think and act about mental health.

Being a Champion is a flexible and voluntary commitment. You can do what you have time for, and what you’re comfortable doing.

**About you**

In order to carry out some of our activities, you need to be over 18 and have your own lived experience of mental health. But there are still lots of opportunities [here](https://www.time-to-change.org.uk/get-involved) for you to support Time to Change if you don't have your own experience.

**About the role:**

* As a Champion, you will be **at the heart of our campaign** to change people’s attitudes towards those of us with mental health problems.
* It’s an opportunity to **build skills and experience** in areas like public speaking, having one to one conversations with people you don’t know, planning events and using social media.
* **Opportunities to meet** and campaign alongside like-minded people in your community

**Activities may include:**

* **Having conversations** about mental health with the people around you – whether that’s your mum, a mate or the postman – and talking about your experience.
* **Speaking up** when people say stereotypical or damaging things about mental health
* **Telling your story** online or in the media.
* **Running a Time to Change activity** in a café, train station or in your workplace.

**What you can expect from Time to Change**

Time to Change is a Campaign that values volunteers’ individual differences, interests and strengths, and encourages them to foster their individuality. You can expect:

* Access free online training to give you the skills to take action
* A welcoming, supportive and positive campaigning atmosphere
* Support from regional Communities Equalities Coordinators, Central Time to Change staff and other Champions
* Opportunities to attend training events, free of charge
* Online support and resources to campaign
* Opportunities to influence our campaign through lived experience leadership initiatives
* Travel expenses reimbursed for attending our trainings\*

You can opt in to receive monthly emails from us with practical ideas on how to change prejudicial attitudes to people with mental health problems. And be notified when free in-person training is being run in your area.

**Want to join the movement to change how we all think and act about mental health problems?**

We’d love to hear from you. You can register by following the **link below**:

<https://www.time-to-change.org.uk/get-involved/time-change-champions/become-champion/register-become-champion>.

If you've still got questions then don't hesitate to email us: [Champions@time-to-change.org.uk](mailto:Champions@time-to-change.org.uk)

**“My Champion journey has been an amazing one and it has been incredibly cathartic. I have grown in confidence with each activity we hold.” –** Elisse, Time to Change Champion