**Planning your champions scheme**

Working through the questions below in your co-design workshop or planning meeting can help to shape your ideas:

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| Why does our organisation want a mental health champions scheme? |

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| Who will benefit from the scheme? |

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| What do we want to achieve? |

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| Who needs to be involved? |

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| Where will activities take place? |

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| What activities are out of scope for the programme? |

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| How will we achieve successful delivery? |

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| What resources and training do we need? |

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| Why would people want to get involved? |

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| What would motivate them to take part in the programme? |

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| When will activities take place? |

What activities will take place? Think about activities to suit the time the champion has available (see pages 16 and 25 for inspiration).

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| Got a few minutes? | Got a few hours? | Got longer? |
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