**Template application form**

**mental health champion application form**

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| **Name** |  |
| **Job title** |  |
| **Team/department** |  |
| **Email** |  |
| **Contact number** |  |

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| Why are you interested in becoming a mental health champion? |

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| What skills and experiences can you bring to the role of a mental health champion? |

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| What support do you think you'll need as a mental health champion? |

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| Why do you think mental health awareness in the workplace/your club or organisation is important? |

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| Do you undertake any other voluntary commitments alongside your role? |

Thank you for expressing interest in being a mental health champion.