

Do you know your mental health champion?



Photo Credit: Met Police

A mental health champion is an employee or volunteer in the emergency services, who takes action in the workplace to raise awareness of mental health problems and challenge mental health stigma.

All mental health champions take on the role voluntarily, alongside their day job.

Mental health champions are available to listen to you, in confidence, if you need to talk.

They can also signpost you to relevant support and useful resources. Please note that mental health champions are not counsellors and are required to report any safeguarding concerns.

Want to chat? Your local mental health champion is...

Get in touch here...

Learn more about our blue light support at
mind.org.uk/bluelight

We're a registered charity in England (no. 219830)

