

Mental Health Champion

NAME OF CLUB:	Hungerford Hares
ROLE:	Mental Health Champion
RESPONSIBLE TO:	Club Committee

The role of a Mental Health Champion is to support people to access the mental wellbeing benefits of running, remove stigma and get people talking about mental health. Champions will NEVER be expected to provide mental health support in the role but they will be provided with details of where to signpost people for professional support with their mental health.

When clubs or RunTogether groups sign-up for the #RunAndTalk programme they are required to appoint a Mental Health Champion. Once appointed, Mental Health Champions are provided with guidance and advice to support them in the role along.

Mental Health Champions will:

Be nominated and appointed by an England Athletics affiliated club or RunTogether group and act on their behalf.

Understand and appreciate those with lived experience of a mental health problem.

Have an open and non-judgmental attitude.

Adopt a positive, patient and supportive approach towards supporting people with mental health problems.

Be a positive role model.

Behave in a professional, confidential and non-discriminatory manner at all times and promote equal opportunities for all.

Along with any other Mental Health Champions from the club/group they will:

- Support #RunAndTalk campaigns and register an organised run for each event
- Provide crisis contacts to their club/group
- Be a point of contact for anyone experiencing mental health problems to join the club/group
- Encourage and promote conversations about mental health
- Make links with mental health organisations in the community
- Actively promote mental wellbeing and running

What Mental Health Champions do

We ask Mental Health Champions to consider doing some or all of the following but how much time and exactly which parts they do is up to them and the club/group they represent. The role of the Mental Health Champion includes:

- Supporting: Working with other people in their club or group (such as committee members or your group leader) to proactively support the mental wellbeing of club/group members
- Engaging: Making links between their club/group with local mental health groups and organisations and encourage their members to start running.
- Tweeting: Posting using #RunAndTalk particularly during the campaign periods.
- Sharing: Sharing social media posts from England Athletics, RunTogether, Mind and other Mental Health Champions using #RunAndTalk.
- Talking:
 - Starting conversations about mental health with other club or group members.
 - Sharing good news stories in your newsletters or website to get people talking.
 - Encouraging people to sign up to Elefriends to receive support from others online and join our Get Active discussions. Elefriends is open to everyone aged 18+ that struggles with their mental health.
- Advocating: Sharing guidance and information provided by England Athletics with elected club/group officials and others about mental health issues related to running.

Mental Health Champions are appointed directly by the club or RunTogether group.