



# Role Description: Mental Health Champion

The role of a Mental Health Champion (MHC) 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.

## Typical responsibilities:

We ask MHCs 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 they represent. The role of the MHC includes:

- Working with other people in their club (such as committee members) to proactively support the mental wellbeing of club/group members.
- Making links between their club with local mental health groups and organisations and encourage their members to start running.
- Posting using #RunAndTalk particularly during the campaign periods.
- Sharing social media posts from England Athletics, RunTogether, Mind and other Mental Health Champions using #RunAndTalk.
- **Talking**
  - Encouraging and promoting conversations about mental health with other club 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.
- Sharing guidance and information provided by England Athletics with elected club/group officials and others about mental health issues related to running.
- Actively promote mental wellbeing and running.