



Wellbeing Champions

Helping our club build a positive, supportive, and mentally healthy environment

WHAT WE DO



- ✓ Reduce **stigma** around mental health
- ✓ Listen, give advice, and signpost to support & information
- ✓ Create **safe, inclusive** environments

WELLBEING CHAMPIONS

Wellbeing champions are trusted people within the club who:

- ✓ Promote positive wellbeing
- ✓ Act as a visible point of contact
- ✓ Signpost to appropriate information and support
- ✓ Help shape a culture of care



Wellbeing champions are therapists or clinicians - they support, not diagnose

WHY IT MATTERS

- ✓ Supporting **mental health** is as important as physical health
- ✓ **Everyone** needs support, so **everyone** is supported
- ✓ Mental health conversation become the new normal
- ✓ **Everyone** is supported

OUR MINDS TOGETHER CIC SUPPORT BY PROVIDING...



Tailored wellbeing training



Club champion development



Resources and toolkits



Ongoing **support** & guidance

Football clubs are more than teams, they are communities

We're building a healthier future for our club

www.ourmindstogether.co.uk

