



Let's compare

Mental Health Champion

Mental Health First Aider



Trained to provide a mental health first aid assessment for people experiencing mental health problems, eg. assessment of risk



Offer support to a wider range of people rather than an individual



Signpost people to support



Being available to have open conversations about mental health



Tackle stigma surrounding mental health and contribute to creating a mentally health culture at work



Organise and promote activities to raise awareness and promote positive wellbeing



Role modelling positive mental health behaviours

