

# What Is A Mental Health Buddy?



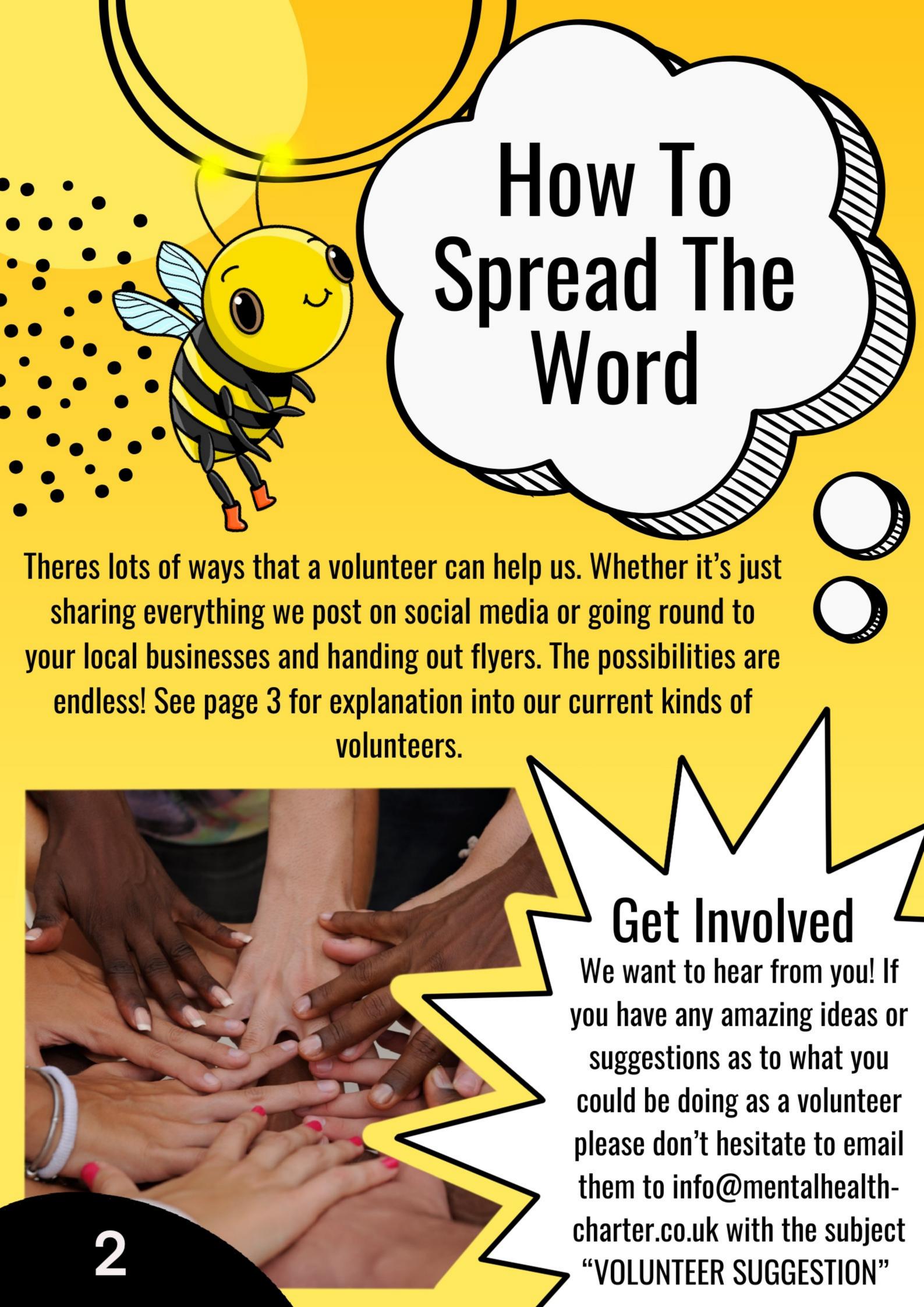


A Mental Health Buddy is someone who volunteers for The Mental Health Charter! This is a vital part of the Charter as without our amazing volunteers we wouldn't be able to spread the word far enough about just how vital taking care of your mental health really is!

#### Our mission -

Our mission is to have Mental Health Buddy's across the country speaking up about how important Mental Health care within the workplace is! If you're interested in becoming a Mental Health Buddy please turn to page 3 to find out how to apply!

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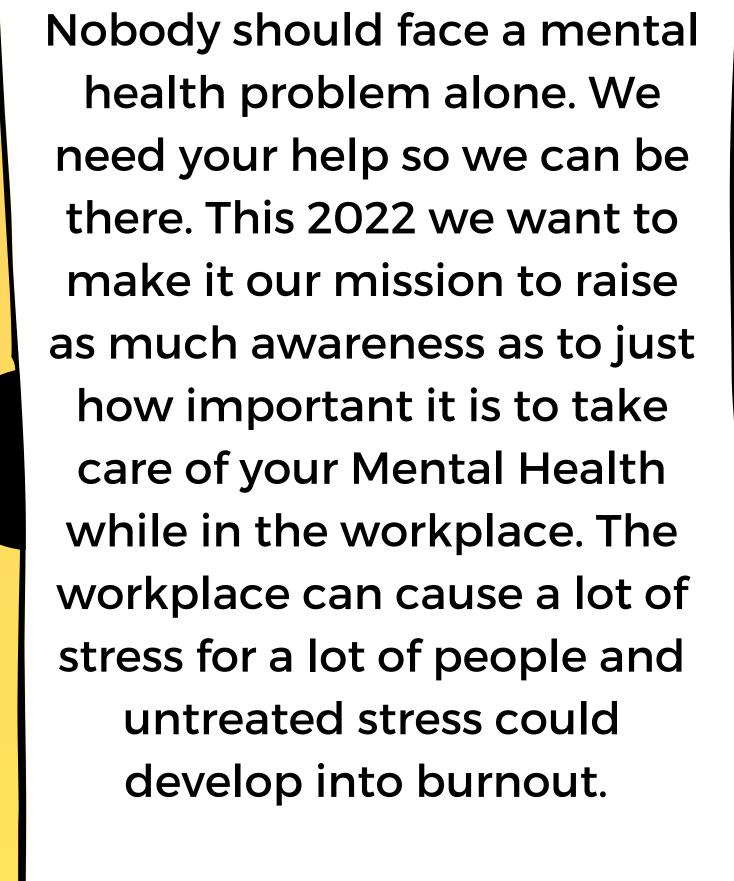
#### "Social Buddy" Role

Our Social Buddy role was designed for people who love to spend time scrolling through their social feeds looking for some positivity! Your role would be to like, comment and share all our social posts. Yes it really is that simple! By just sharing our material you're helping to spread awareness of Mental Health in the workplace.

#### "Walking Buddy" Role

Our Walking Buddy role was designed for people who love to get out of the house and into their local community. Your mission would be to go round to your local businesses and spread awareness as to what they could be doing within their business to support their employees' mental health. This is a vital part of making people aware of the importance of Mental Health support.

# Fundraising Buddy



Check out our fundraising pack to get some ideas!





## It Easy!

Theres 3 different options you could take to apply!

You could visit our website at https://mentalhealth-charter.co.uk/ and fill in the application on there!

You could give us a call on -\_ 0333 3355 999 ;

Or you could simply turn the page, fill in the application form and, post it to us!

## Application Form

NAME	
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PHON	
WHA <sup>*</sup>	T ROLE WOULD YOU LIKE TO APPLY FOR?
	Social Buddy
	Walking Buddy
	Fundraising Buddy
	MANY HOURS A WEEK WOULD YOU BE ABLE TO NTEER?
	1-2 hours a week
	2-4 hours a week
	5 or more hours a week
	U TICKED THE WALKING BUDDY ROLE, PLEASE PROVIDE AN RESS BELOW FOR MATERIALS TO BE SENT TO.

Please fill in this form and either email over to info@mentalhealth-charter.co.uk or send in the post to the address below.

112 Charles House Princes Court Beam Heath Way Nantwich Cheshire CW5 6PQ

