



# GMLPN Mental Health & Wellbeing Champion Role

As Further Education staff, we recognise we have a responsibility to create an environment that promotes and proactively supports learner and staff mental health and wellbeing.

## The role:

- Having, or committing to having, a mental health and wellbeing policy accompanied by a clear implementation action plan which is monitored regularly and reviewed annually.
- Creating an open and inclusive ethos which includes respect for those struggling with their mental health.
- Promoting equality of opportunity and challenging mental health stigma through onboarding processes, embedding within provision and curriculum, and by promoting wellbeing through tutorial programmes.
- Encouraging and collecting learners' views on mental health and wellbeing.
- Providing appropriate mental health training for staff e.g. Mental Health First Aid Training.
- Ensuring a consistent and positive approach to staff wellbeing.
- Providing targeted individual mental health support where appropriate or alternatively signposting to external support services.
- Providing relevant information to staff, learners, employers, parents and carers.
- Establishing effective links with local health system and voluntary sector mental health providers.
- Promoting the benefit that physical activity and sport has on mental wellbeing.
- Attend GMLPN events and webinars focused on mental health & wellbeing.
- Share good practice and resources across GMLPN.
- Be available to help other network members if they need advice and support.

***Your organisation needs to be a member of GMLPN in order to become a GMLPN Mental Health & Wellbeing Champion.***