

# MENTAL FITNESS AMBASSADOR PROGRAMME

**PIONEERING MENTAL FITNESS.**

Making your community a place where each  
and every person can thrive.



---

FOLLOW  
**@PROJECTTALKCIC**

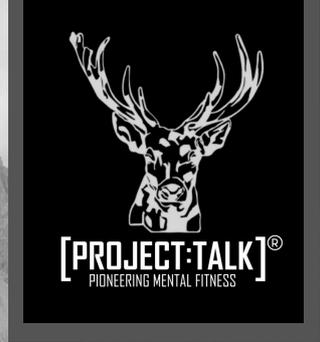
VISIT  
**PROJECTTALK.ORG.UK**

EMAIL  
**INFO@PROJECTTALK.ORG.UK**



**[PROJECT:TALK]<sup>®</sup>**  
PIONEERING MENTAL FITNESS

# WHAT IS THE PROGRAMME?



## What does it mean to be a Mental Fitness Ambassador?

The Mental Fitness Ambassador Programme unifies everyone who represents or volunteers for PROJECT:TALK in their own community, and is built to help increase visibility of support and the variety of support available to communities. Being a Mental Fitness Ambassador will help you:

- Become more confident in supporting those around you
- Gain further knowledge of support services available
- Access to a number of worthwhile volunteering & training opportunities to help build your CV
- The ability to change the way we all view mental health by pioneering mental fitness in your own circles

## What training will I receive being a Mental Fitness Ambassador (MFA)?

As part of the Programme, we want to ensure every Ambassador has the tools, confidence and support needed to support their peers safely and effectively.

Minimum 5 hours of training, covering topics such as:

- What is Mental Fitness? Why is it important?
- Your role as a MFA & the importance of language
- Basic mental health first aid training
- Signposting, confidentiality & limits of responsibility.
- Recognising risk & improving confidence with distress & acute need

Snapshot modules:

- Gambling, Drugs & Addiction, LGBTQIA+ Mental Fitness, Race, Culture & Mental Fitness, Trauma reactions and responses & Psychosis

Being a MFA you can apply to:

- Lead a PROJECT:TALK Society
- Provide 1:1 peer support
- Lead a peer support group
- Deliver TOOLS TO:TALK training as a Mental Fitness Instructor.
- Other specialist training - for example, Medical School Welfare Rep

## What do I do after I receive my training?

Engage those around with the knowledge you have learnt. Assist running TOOLS TO:TALK training events for your peers, take part in WALK TO:TALK fundraising events. Create visibility about why Mental Fitness is important for all through our TIME TO:TALK platform.

**Pioneer mental fitness your own way.**

# ABOUT PROJECT:TALK



## Our aim

We are on a mission to change the way we view mental health by pioneering mental fitness in communities across the UK. Mental fitness is like physical fitness. By proactively preparing our minds with the resources it will need when it's under stress, as you would physically train your body for an event we are better able to navigate difficult situations or seize opportunities presented to us. One of the most pertinent contributing factors to our mental fitness is the support network & resources that surround each one of us. It is here that we focus our work.

## How do we do this?

Enacting change through our training programmes, community events, campaigns and schemes. We also have a growing network of communities who are helping us to achieve our mission - would you like to join us?

## Where does the money go?

We use any profits to fund passionately led mental fitness initiatives in the communities with whom we work. As a non-profit volunteering organisation we depend on charitable donations. Anything that you are able to donate will go a long way in supporting us and communities across the country.

## Mental health has for too long had too many negative associations.

Historically, mental health has only been discussed in the context of mental illness. As a result, it's only when things have begun to get on top of us that we've thought to invest any time in it. Unfortunately, when we're at our most desperate, engaging with solutions can feel quite overwhelming. A lack of resources has only added to this challenge.

It shouldn't have to be this way. We all experience mental health, and as such we should all be empowered, inspired, equipped and supported to maintain it.

What else does PROJECT:TALK have to offer?

- 1 Mental Fitness Ambassador Programme
- 2 TOOLS TO:TALK Training
- 3 WALK TO:TALK Events
- 4 TIME TO:TALK Online Platform
- 5 Community Support

Follow these 3 simple steps:  
Scan the QR Code > Select your location > See what's available!

If we aren't in your area, please get in touch & we'll see what we can do.

