

## **BEING A MENTAL HEALTH CHAMPION BY CONDUCTING AWARENESS MENTAL HEALTH WORKSHOPS**

### **1. Conducting mental health awareness workshops**

#### **Project Background:**

Conducting Awareness Mental Health Workshops involves getting trained from Mpower as a Mental Health Champion.

The aim is to reach out to more people and increase awareness on mental health by conducting informative and engaging mental health workshops, providing participants with valuable knowledge and resources to support their mental well-being.

#### **Deliverables:**

Volunteers will first complete a 4-hour training provided by Mpower and then facilitate discussions and conduct workshops amongst their peers and community. The training will include a 2-hour training from the Mpower professional. The volunteer is required to then go through the materials provided to them. Once they are ready, they need to give a mock to the Mpower trainer to get approval to conduct their workshops.

#### **Volunteer Profile:**

- **Required Skill Set:** Strong interpersonal skills
- **Qualification:** No specific qualifications are required; individuals from any background are welcome to participate.
- **Professional Experience:** Previous experience in public speaking is beneficial but not mandatory.
- **Languages Known:** None
- **Attributes:** Volunteers should demonstrate a passion for mental health advocacy and a commitment to promoting awareness and understanding of mental health issues.

#### **Project Details:**

- **Duration:** 4 training spread across 2 weeks.
- **Time Period:** 3 months
- **Time Commitment:** Volunteers will be required to dedicate time to prepare for and deliver the workshops, typically involving a commitment of several hours
- **Type of Delivery:** Onsite delivery at various locations, such as corporate offices, educational institutions, or community centres.