



# Ambassador of Hope

Ambassador of Hope is an award-winning mental health training programme created and delivered by national mental health charity Chasing the Stigma. Written from a lived experience point of view, the training aims to normalise and humanise conversations around mental health.

The training is not intended to make someone an expert in mental health but instead offers the essential information and a toolkit that can be used to feel more confident about the topic and, most importantly, to make the routes to help and support as clear as possible using Chasing the Stigma's Hub of Hope.

## Ambassador of Hope focuses on four key areas:

- What is mental health
- Having a conversation about mental health
- Finding the experts
- What to do in an emergency

By wrapping all the essential information into one 45-minute session, the training is able to equip participants with the basic skills to engage in conversations and effectively and confidently find mental health support.

Everyone should be aware of how to manage their own mental health and how to access support if ever it is needed.

## Training dates:

- Wednesday 10th April 2024, 10:00-11:00
- Tuesday 4th June 2024, 12:30-13:30

To register your interest, book via the link:  
[https://docs.google.com/forms/d/1Wze3LQo09ASch4ml6N\\_UrBzZFdK58QmiwB8JUVJfj6w/closedform](https://docs.google.com/forms/d/1Wze3LQo09ASch4ml6N_UrBzZFdK58QmiwB8JUVJfj6w/closedform)

All sessions will run via Zoom and are free to attend.

Please email Ellie on:  
[ellie@chasingthestigma.co.uk](mailto:ellie@chasingthestigma.co.uk)  
if you have any questions.

