



# Student Wellbeing Champions

## Brief Overview Document

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## INTRODUCTION

Our Wellbeing Champions can signpost-distressed students to the appropriate support and deliver campaigns focused on breaking down barriers, stigma and discrimination that exists around mental health issues. We want mental health issues to be talked about as readily as a physical condition.

### Who can be a Wellbeing Champion?

Any student within the college can join the team. The applicants EBS Ontrack record will be reviewed before official appointment.

### How would the role be supported?

We want our champions to feel supported in the role. There are quarterly meetings where we can share progress & success.

The responsible person for the accountability of the team is Zarqa Hussain, so our champions have a channel to escalate any issues or challenges raised.



## WHAT CAN OUR CHAMPIONS HELP WITH?

- Provide a point of contact for students who feel distressed in the classroom who need support to get to a place of safety.
- Signpost pupils to both internal and external resources that will support their mental health and wellbeing.
- Raise awareness of mental health issues and resources in the classroom or on a one to one basis.

The role of a champion is not to give counselling or become involved with any problems that they may be experiencing at college or home. This is because the champions would not have the sufficient training to be able to fulfil this role and it is also bad practice.



## Training

Training sessions will be provided. They will primarily cover the following topics:

- Factors which affect mental health
- Stress and stress management
- Spotting signs of distress
- Mental health conditions
- Supporting mental health in the classroom
- Useful statistics
- Helpful resources
- Safeguarding

## Senior Team Proposed Structure



We have created Champion Lead roles that will support the network in the delivery of a consistent approach to mental health & wellbeing together with rationalisation of the workload in these areas by helping to identify duplication of effort, sharing of best practice, facilitating change where required across the college.

Our aim is to support the college in creating a consistent delivery of mental health & wellbeing activities and direction that will complement our aim and objective.