
Ambassador of Hope

Mental Health Training & Support Services

CHASING 
THE STIGMA

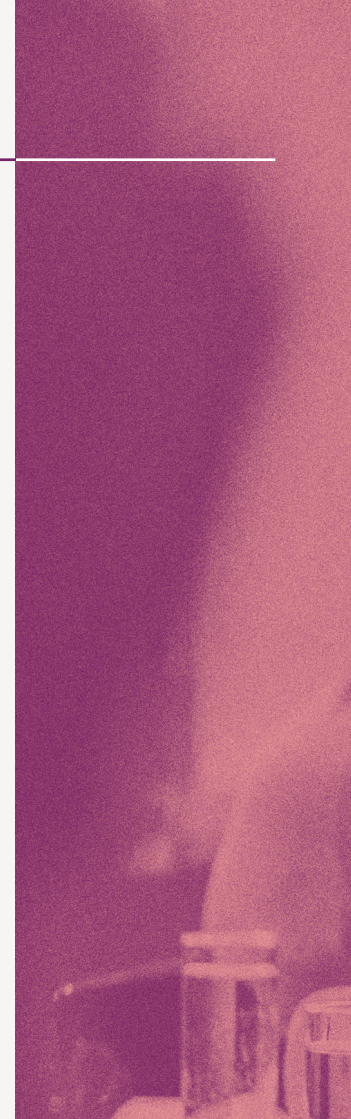

AMBASSADOR
OF HOPE

Chasing the Stigma

Chasing the Stigma is a national mental health charity on a mission to normalise and humanise conversations about mental health, whilst ensuring that everyone in the UK can access clear pathways to support, whenever and wherever they need it.

With lived experience at our core we are driven to create a society where there is no longer a stigma associated with mental health, where people are as comfortable talking about their mental health as their physical health, and where everyone is able to find appropriate support before they reach a point of crisis, leading to a significant long-term reduction in self-harm and suicide.

We strive to achieve this through the provision of pioneering training services, awareness-raising campaigns and lobbying activities, whilst also operating the UK's largest and most comprehensive directory of community mental health services, the Hub of Hope.



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My awareness and understanding of the subject matter has significantly increased following the training. I now feel confident that I could better help a colleague or at least direct them towards the hub of hope for further information.

Ambassador of Hope Participant
Regenda Housing

Ambassador of Hope

Training packages





Ambassador of Hope

Ambassador of Hope is a pioneering mental health awareness training programme created and delivered by Chasing the Stigma.

Written from a lived experience perspective, the training aims to normalise and destigmatise discussions about mental health by equipping course participants with the basic skills and insights to confidently engage in constructive conversations around their own and others mental wellbeing.

Most importantly, it seeks to make the routes to support as clear as possible by arming people with the ability to effectively utilise the Hub of Hope platform in order to find appropriate services for themselves or others at any stage of their mental health journey.

Sessions can be delivered online or face-to-face through our national network of associate trainers and are packaged into a convenient one hour workshop designed to deliver the greatest impact for as many colleagues as possible without drawing too heavily on organisational time or capacity.

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It was great to connect with parents on such an important topic, providing an external source of knowledge and support should they ever require it.

Alex Wynter
Crystal Palace FC



Ambassador of Hope Plus

Building on the impact of the Ambassador of Hope training, Chasing the Stigma also delivers Ambassador of Hope Plus which provides participants with a more extensive and in-depth look at the themes covered in the original programme.

The Ambassador of Hope Plus training aims to enhance confidence and skills in supporting the participants own and others mental health.

There is a key focus on conversations and how to have these crucial discussions as we build participants' confidence through activities during the session. The training has been written and developed from a lived experience point of view, wrapping vital information and skills into a three hour session.

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Thank you for this session - it was superb and you delivered it in a way that was easy to understand and you made people feel safe.

Student
Edge Hill University





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Can I just say a massive thank you once again for delivering a really thorough and thought provoking session. I know my colleagues got a lot out of it so I really appreciate it.

Paul Semple
National Trust, Formby



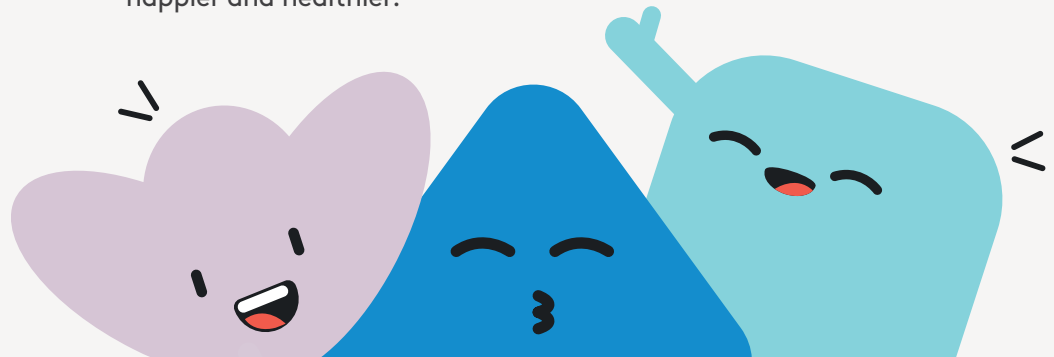
Ambassador of Hope Youth

Ambassador of Hope Youth is an exciting new mental health programme created by national mental health charity Chasing the Stigma.

It is designed to support a whole school approach to mental health, training young people, teachers, and parents/guardians.

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.

By embedding this into your school, you can support the whole community to improve their well-being and strive to be happier and healthier.



Ambassador of Hope Consultancy Services

Through our Consultancy Service we can assist partners on an ongoing basis to continue supporting and enhancing the mental wellbeing of their workforce, creating positive environments of understanding where all staff are able to thrive.

Chasing the Stigma can work with partners on a longer-term basis providing ongoing assistance to help support the health and wellbeing needs of your workforce.

Our consultancy support packages can include activities such as:

- Confidential staff surveys and situational analysis
- Review, development and implementation of organisational policies and procedures around mental health
- Environmental and cultural review and improvement planning
- Ongoing training and development of staff
- Production of internal awareness-raising resources and materials
- Monthly staff wellbeing activities
- Inspirational staff engagement events and seminars
- Support to develop a long-term mental health plan

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Thank you so much for yesterday's training. It was a really fantastic, concise and yet comprehensive session. We were impressed!

Dominique Gibson
CNWL Trust

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You can do
anything,
but not
everything.

Thank you



hubofhope.co.uk

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