

time to change

let's end mental health discrimination

Champions

We are Time to Change, the growing social movement changing how we all think and act about mental health.



Champions

Time to Change Community Champions use their own experience of mental health problems to change the way people think and act about mental health.

"My Champion journey has been an amazing one and it has been incredibly cathartic. I have grown in confidence with each activity we hold" Champion

Time to Change Hubs

Our Hubs are local partnerships working to tackle mental health stigma and discrimination locally, in schools, workplaces and the community.

What we offer

- FREE training sessions on speaking out and campaigning
- Opportunities to attend Time to Change activities
- FREE resources and tips to help you change the way we all think and act about mental health
- Access to Time to Change E-learning
- Access to free resources from the Time to Change website, including ready to run session plans, videos and blogs.
- Support for Champions, local councils and organisations on running long term anti-stigma work in their community.

For more information email us at: champions@time-to-change.org.uk

To sign up as a Champion: www.time-to-change.org.uk/get-involved

To connect with your local Hub:

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