



NMHP CHAMPION

'QUALITIES & ATTRIBUTES'

The qualities and attributes necessary to be a successful NMHP CHAMPION, as agreed upon by you as 'CHAMPIONS' include;

- To be NON-JUDGEMENTAL
- To be CARING
- To be EMPATHIC
- To be clear with our BOUNDARIES
- To maintain the CONFIDENTIALITY of colleagues who may share their information
- To remember we are VOLUNTEERS & our main role is to PROVIDE INFORMATION about the NMHP & to provide REFERRAL information, not to be a COUNSELLOR
- To be kind to ourselves and for the role not to be to the DETRIMENT OF OUR OWN HEALTH
- To be able to CONNECT WITH OTHERS. To be open to ENGAGE & 'TRADE' WITH OTHER CHAMPIONS, to SHARE & SUPPORT each other in the role
- To be OPEN to colleagues as an individual who is willing to SUPPORT 'our own'
- To be willing to ENGAGE EMPLOYERS, to NEGOTIATE WITH THEM FOR SUPPORT TO PROMOTE the NMHP and the referral process as a way of supporting the ORGANISATION
- To be willing to USE THE NMHP FOR SUPPORT, ADVICE & INFORMATION and to be open to ongoing CONTACT with the NMHP
- To use the NMHP drafted DOCUMENTS as the way of EXPLAINING THE ROLE you will play as a Champion in your organisation. This will include having access to a GENERIC NMHP POWERPOINT PRESENTATION
- A willingness to respond to a MONTHLY EMAIL which includes advising 'HOW MANY CONTACTS I'VE HAD WITH OTHERS IN MY ORGANISATION IN THE PAST MONTH, PROMOTING THE NMHP?'