



# **VOLUNTEER NOW**

## **for the Citywide Leeds Anti Stigma Campaign Hub**

**Let's change the way Leeds thinks about mental health.**

We are currently recruiting for Mental Health Anti Stigma Champions in Leeds and need your help!!!

Mental Health Anti Stigma champions are volunteers with lived experience of mental health problems that campaign to end mental health discrimination.

Volunteers will receive full training and mentoring, as well as being supported throughout by established Champions and have full access to Time to Change and Touchstone resources. There are many ways you can play your part.

If you know of anyone who you think might want to join please ask them to contact Stephanie Francis on 0113 2484880 or email: [stephanief@touchstonesupport.org.uk](mailto:stephanief@touchstonesupport.org.uk)

Twitter: @MHealthyLeeds  
@AntiStigmaLeeds

