

# Stress<LESS Champions

Join your local Mind charity in a new stress-busting, stigma-tackling campaign across Cambridgeshire and Peterborough.

- Do you want to know how you and your friends can avoid overwhelming stress during exam time?
- Are you passionate about tackling the stigma & discrimination experienced by many of the 1 in 4 of us who experience poor mental health?

We are looking for at least five **passionate, energetic and enthusiastic** young people to help us develop and promote a new stress-busting, stigma-tackling campaign across Cambridgeshire and Peterborough.

Stress<LESS is an exciting pilot campaign that will be launching across the county from April 2016. The campaign will seek to empower students (aged 12-18) to find positive ways of coping with school/college and exam stress by:

- being alert to early warning signs of harmful stress levels
- overcoming stigma by talking openly when things get tough
- making use of self-help strategies
- knowing where to get help.

There will be a focus on the message 'Take five. Feel Better', equipping students with simple strategies they can use in five minutes to feel less stressed. Students will also be encouraged to be creative and share their own strategies on social media using the hashtag #Take5challenge.

The campaign is being facilitated by the charity Mind in Cambridgeshire and is funded by Cambridgeshire County Council and Peterborough City Council until March 2017.

## Role description

Stress<LESS Champions will be asked to:

- try out 'Take five' strategies for themselves and promote them to other students
- share their own 'Take five' ideas, strategies and stories – and encourage others to do so
- signpost their peers to help and support as and when required.

Stress<LESS Champions will need to be available w/c 11 April 2016 to attend a short stress management workshop with other Champions. This will provide them with more information around the campaign, plus a range of stress-busting tips for them to try out and promote, ready for our campaign launch w/c 18 April 2016 during National Revision Week.

Champions will also be asked to fill out a brief wellbeing-related survey once a week.

## Is this you?

- 14 – 18 years' old
- Passionate about mental health and wellbeing
- Reliable
- Good team player
- Respectful and confidential when appropriate
- Lived experience of mental health problems or stress-related issues is considered an advantage (but not essential)

If so, then please contact us!

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