



Partnering with organisations, delivering social value

Volunteering that achieves your organisation's social value targets

Become a Compass Community Wellbeing Ambassador

Join our online, one day course to train you as a Compass Community Wellbeing Ambassador. You'll learn about supporting the mental health and wellbeing of people you know in your family, communities and where you work.

As a leading charity for children and young people, we focus on supporting them and their families to improve mental health and wellbeing. We also share information to empower others to promote positive mental health in their communities

Volunteering, through your workplace, to become a Compass Community Wellbeing Ambassador offers real benefits for you, your employer and your community. It can be accessed remotely and achieves organisational social value targets.

You will learn about

- The 5 Ways to Wellbeing
- Understanding Stress, Anxiety & Resilience
- Tools for a Healthier Mindset at Work & Home
- Reducing stigma, normalising conversations about feelings, emotions and wellbeing

Once trained, you can join other ambassadors at our workshops to discuss how you can put what you've learnt into practice.

Our follow up workshops cover

- **Workplace wellbeing**
- **Family Life**
- **Making an impact in your community**

And we will follow up with you and provide flexible, ongoing support.

Want to volunteer as a Compass Community Wellbeing Ambassador?
Contact us at: compass_community@compass-uk.org