

Ashley Edwards has been a wellbeing advocate for over two years and works for Sports Services...



What attracted me to becoming a wellbeing advocate

In March 2017 I lost a family member to suicide after they had experienced poor mental health. In October of the same year, when a call went out for wellbeing advocates, I put my name forward. I wanted to understand what support the University offered so I could assist with any colleagues who were experiencing similar issues. The Mental Health First Aid Lite training (which is mandatory training for all wellbeing advocates) was incredibly useful, I'm so glad I had the opportunity to do it.

How Wellbeing works at the Sports Service

Here at the Sports Service we are great believers that physical exercise and a healthy diet feed directly into good mental health and so we are heavily involved in contributing to the programmes for Mental Health Awareness Week and the Festival of Wellbeing. We also have senior buy-in and our senior team strongly support people taking time out of their day to attend any wellbeing events.

Within the department we have an internal website that includes the contact details of the wellbeing advocates (there are two of us) and we also have posters in the staff room, so people know who to contact if they need help.

Sharing the load

Having two wellbeing advocates means that there is a shared sense of responsibility when it comes to disseminating information out to our Department. It means that when one person has a greater workload, the other wellbeing advocate can pick up and make sure information gets out without any delay.

A message for potential advocates

Knowing you can be a source of support for your colleagues, should they ever require it, is a brilliant feeling. It does take work and time to learn about the support available, but it is totally worth it. If you have an interest in helping others, then it's an incredibly rewarding and effective programme to be involved with.



“ I have felt incredibly lucky. Lucky to work for an organisation that truly cares about their employees and is willing to invest in their wellbeing ”