

## Wellbeing Ambassador Application form

A school Wellbeing Ambassador is someone who...

- Is passionate about mental health and wellbeing
- Raises awareness about mental health
- Is open to different ideas and opinions
- Cares about others in their school
- Is willing to learn new things
- Wants to improve their wellbeing or knowledge of wellbeing

If you would like to train as a Wellbeing Ambassador please fill out this form.

**Name:**

**Form:**

**Year:**

**1. What does mental health & wellbeing mean to you? (*Why is it important?*)**

**2. Why would you like to be a Wellbeing ambassador for the school?**

*(Include any interests, skills and experience you can bring to the role)*

**3. What is one way you would promote mental health & wellbeing in the school?**

*(For example, lead an assembly)*

**4. What is one thing you do to improve your wellbeing?**

*(For example, eat healthy food)*

Thank you for completing this form.

Please ensure you return it to **Mr Riste or Miss Priest.**