

STUDENT MENTAL HEALTH AMBASSADORS...

...ARE HERE TO HELP!

Mental health includes emotional, psychological, and social well-being. It affects how everyone thinks, feels, and acts. It also helps determine how everyone handles stress, relates to others, and makes choices. Mental health is important at every stage of life, from childhood and adolescence through adulthood.

Student Mental Health ambassadors are here to promote the physical activity benefits on mental health and wellbeing, and to support students experiencing mental health problems to become more active in their everyday life.

The mental health ambassadors are here to raise awareness of mental health problems, support individuals experiencing mental health problems and try to get them to become more physically active. We want to help them physically and mentally.



Coleg Cambria have four student trained mental health ambassadors Max, Ashleigh, Joe and Elizabeth (Libby) who are reliable, trustworthy and always ready to listen. The mental health ambassadors will not make assumptions and they are not there to diagnose anyone. They are here to help guide you, to be there if no one else is, they are someone you can speak to.

Their main role is to promote physical activity in our students and to explain how sport benefits everyone's mental health.

STUDENT MENTAL HEALTH AMBASSADORS



JOE WILLIAMS

17, Yale Sixth

Interests:

- Football
- Badminton
- Cooking
- Languages
- Travelling

Email: 22085713@cambria.ac.uk

Please feel free to contact me if you want to chat, I'm always happy to listen and help in any way I can :)

STUDENT MENTAL HEALTH AMBASSADORS



LIBBY HUGHES

18, Deeside Sixth

Interests:

- Reading
- The environment
- Politics
- Girlguiding (leader)
- Running
- Travelling the world

Email: 22073529@cambria.ac.uk

Please contact me if you would like to have a chat. I am always a good listening ear. I am always happy to help :)

MAX ROWLAND

16, Deeside Sixth

Interests:

- Rock climbing
- Brazilian jiu jitsu
- Running
- Swimming
- Football

Email: 22091528@cambria.ac.uk

Come and see me if you would like to have a chat, or you can email me if you would like to chat over a meet. I am always here to listen and give the best advice possible.



ASHLEIGH WHITE

18, Coleg Cambria Deeside

Interests:

- Badminton
- Netball
- Walking
- Rounders
- Running
- Shopping

Email: 22068178@cambria.ac.uk

My emails are always open if you ever need to talk to someone. I will support you in the best way I can, I can provide information that might help.

