

Young Mental Health Champions Hillingdon

School information - 2026 to 2027

A fully supported opportunity for Hillingdon secondary schools

Brighter Futures Together and Together As One, in partnership with Hillingdon Public Health, invite secondary schools to join the **Young Mental Health Champions** programme.

Fully funded by Hillingdon Public Health for up to eight secondary schools, the programme supports prevention and early help by equipping young people to promote wellbeing and help their peers find trusted support.

Around one in five young people aged 8–16 in England had a probable mental disorder in 2023 (NHS England, 2023). Young people can be part of the change. With the right training and support, they can help make mental-health information more relatable, challenge stigma and encourage their peers to seek trusted support earlier.

Young Mental Health Champions provides schools with a practical way to strengthen this work through accredited learning, youth voice and meaningful pupil leadership.

What your school will gain

A trained student team that can make an ongoing contribution to your school's mental-health and wellbeing priorities, with practical resources and specialist support.

- **Bring PSHE and wellbeing messages to life.** Reinforce your existing teaching with relatable messages shaped by young people, for young people.
- **Strengthen pupil voice and leadership.** Give students a supported role in shaping wellbeing activity and contributing positively to school life.
- **Build understanding of mental health and support.** Help students recognise trusted information and know where to turn for advice, encouraging conversations and earlier help-seeking.
- **Develop a lasting school resource.** Build a trained student team whose contribution can grow with your school's priorities.
- **Bring fresh perspectives into school.** Benefit from students exchanging ideas and learning beyond their own setting.

This work supports Ofsted's focus on pupils' wellbeing, confidence, resilience and voice, alongside access to support, inclusion and strong pastoral partnerships. [Ofsted school inspection toolkit, September 2026](#)

Three connected outcomes for students

LEARN	HAVE A VOICE	MAKE A DIFFERENCE
Gain mental-health and wellbeing knowledge while working towards two recognised qualifications: the RSPH Level 1 Award in Health Improvement and RSPH Level 2 Award for Young Health Champions .	Build confidence, communication, teamwork and presentation skills. Explore the issues that matter to young people and develop ideas to share with others.	Create and deliver a positive message for peers, help others find trusted support and contribute to wellbeing activity in school and across Hillingdon.

Through the programme, students can also gain insight into health, public health and community roles, while developing skills and experience useful for future learning and employment.

A fully supported programme

Students attend **three face-to-face training days** in one of two cross-school cohorts. They will work in mixed groups, meeting young people from other schools and learning from one another.

Across the training days, Champions will meet representatives from local health, wellbeing and youth support services, learn what they offer and explore how to help their peers find trusted support. Services may include CAMHS, Mental Health Support Teams, school nursing, youth services and voluntary-sector organisations, with participating services to be confirmed.

We manage the complete qualification journey, including registration, learning resources, learner portfolios, assessment, quality assurance and submission to RSPH. Our planned approach is for students to complete the required assessment and reflection within the three training days, subject to confirmation of the assessment arrangements.

By the end of Day 3, each school's Champions will have developed and practised delivering their first health or wellbeing message within the training group, ready to share in school. Our team will support its design and check its quality, accuracy and safeguarding before it is shared.

A clear partnership with schools

Who should take part? Schools select around seven or eight students **Years 8–10**, choosing the year group or mix that suits their setting. We welcome a diverse group of young people who care about mental health, are willing to learn and want to make a difference. Recruitment guidance will be covered at the information session.

THE SCHOOL WILL	WE WILL PROVIDE
Lead student recruitment and selection using the resources we provide. Manage consent and school forms, share relevant support information, identify a named lead and enable attendance at all three training days. Help Champions deliver their first message and develop their ongoing role in school.	A ready-to-use recruitment pack with posters, a role description, assembly materials, a short video, suggested communications and information for students and families. A practical school toolkit will help you develop further peer messaging.

The role continues after training

IN THEIR SCHOOL	ACROSS HILLINGDON
The first message is a starting point. With their school lead, Champions can develop further peer messaging and contribute to assemblies, campaigns, tutor activities, wellbeing events and student leadership that reflect the school's priorities. The school lead helps create appropriate opportunities and keep the role active. We will offer online check-ins and a follow-up school visit with the lead , agreeing together how best to support the team's contribution.	Champions remain part of a wider Hillingdon network, with opportunities to contribute to borough-wide youth voice and wellbeing activity. We will seek opportunities for young people to share their ideas with services and help shape future provision.

Programme timeline

Recruitment deadlines below are proposed and will be confirmed with participating schools.

When	What happens
Wednesday 30 September 2026, 4.00–4.45pm	Online information session for schools: meet the team, explore the offer and ask questions.
By 9 October — proposed	Schools confirm interest.
From 12 October — proposed	Participating schools receive their recruitment pack and begin student recruitment.
By 6 November — proposed	Schools confirm their selected Champions, with consent and essential learner information completed by 13 November.
Cohort 1 training	Thursday 3 and Friday 4 December 2026, followed by Wednesday 13 January 2027.
Cohort 2 training	Thursday 10 and Friday 11 December 2026, followed by Wednesday 20 January 2027.
By the end of day 3	Champions will have developed and practised delivering their first quality-checked health or wellbeing message, ready to share in school. We plan to complete qualification assessment within the training days.
January–February 2027	Champions share their first message in school and begin putting their learning into practice, supported by their school lead, our toolkit and delivery team.
Thursday 11 February 2027	An after-school celebration during Children’s Mental Health Week, bringing Champions from participating schools together to celebrate achievements.
Following training	Schools develop their Champions’ ongoing contribution through peer messaging, supported peer activities and student voice. Our team will help school leads shape this role through online check-ins, a follow-up visit and practical guidance. Champions can also access wider opportunities across Hillingdon.
Summer 2027 — proposed	An optional meet-up for Champions from participating schools to reconnect, share progress and help develop wellbeing messages or campaigns for the borough. We would manage bookings and parent/carers consent, with young people and families arranging travel to and from the event. Details to be confirmed.

Interested in taking part?

Ready to get involved, or want to find out more? Complete our short form to register your school's interest, book the online information session, or both.

The session is an opportunity to meet the team, understand the commitment and ask questions. We welcome senior mental health leads, pastoral and PSHE leads, and other staff who could coordinate the programme.

Wednesday 30 September 2026 | 4.00–4.45pm | Online

Register your interest or book the session: [Young Mental Health Champions Hillingdon – Fill in form](#)

Fully funded places are available for up to eight Hillingdon secondary schools. We will contact interested schools to confirm next steps.

About the delivery partnership

Brighter Futures Together is a not-for-profit youth organisation and RSPH Registered Centre, specialising in youth mental health, youth voice and accredited learning. Together As One brings extensive experience of youth engagement, peer-led programmes and work with diverse communities.

Delivered by Brighter Futures Together and Together As One, in partnership with Hillingdon Public Health.

For any queries, please contact hello@brighterfuturestogether.org.uk.