



Wide Skies, Open Minds Anti-stigma in mental health campaign Champions agreement

Our code

All of us – in our roles engaging in any activities representing the Wide Skies. Open Minds anti-stigma - agree to abide by this working agreement. We want everyone to work together so that we can effectively improve the lives of people living with mental health concerns.

We will treat each other with respect and dignity to enable us to perform to the best of our abilities. The environment we are working in will be safe for everyone. We are aware that we bring different experiences and perspectives to our roles and we will endeavour to constructively resolve any concerns or issues that arise when working together.

What a Champion role is:

- A person with lived experience (of mental illness - *diagnosed or undiagnosed*, carer or family member) speaking with someone without lived experience
- Starting social contact in a safe place where both parties have equal status
- Disclosing lived experience in a way that is safe and comfortable for the Champion
- Not lobbying for change or more services (no local politics)
- Not selling or recruiting new members to our campaign

We will ensure that our behaviour is not felt by anyone to be harassment. Harassment is any form of inappropriate behaviour, comments or physical contact that causes someone to feel offended or uncomfortable. We understand that it is how our behaviour is experienced by someone else and not our intentions behind our behaviour which defines harassment. If someone feels threatened, insecure, humiliated or bullied by us then that is harassment, this includes comments directed towards someone else because of their sex, gender, sexuality, disability, age, religion, faith or ethnicity.

What to do if you witness or experience harassment

If you feel that someone says something inappropriate to you, or if you witness something being said or done to someone else. please talk to the Champion's co-ordinator as soon as possible after the incident has taken place. We will listen and will discuss what we will do next. If you are unsure of whether something inappropriate has taken place, we would encourage you to talk it through. If someone tells you about something inappropriate being done or said to them, you should also inform them that you will talk to the Champion's co-ordinator.

We are committed to making our Champion roles and activities as productive, respectful and safe as possible and we will respond, as appropriate, to achieve this.



Improving our Champion's experience

If you have suggestions on how to we can improve our support for Champions please let us know.

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