

About the Role

A Mental Health Wellbeing Champion will be a point of contact for employees who are experiencing mental health issues or emotional distress. This interaction can range from an initial first conversation to supporting your colleague to get appropriate help. All Mental Health Wellbeing Champions will attend a two-day training course.

All Mental Health Wellbeing Champions will be trained to:

- Spot the early signs and symptoms of mental ill health
- Start supportive conversations with colleagues who may be experiencing mental ill health or emotional distress
- Listen to your colleague in a non-judgmental manner
- Assess the risk of suicide or self-harm
- Encourage your colleague to access appropriate professional support or self-help strategies, such as the Employee Assistance Programme.
- Maintain confidentiality as appropriate
- Escalate the matter to the appropriate emergency service, if necessary
- Complete critical incident documents as and when required
- Help change the way mental health is viewed

About you

Skills and Abilities

- Communication: starting supportive conversations with colleagues who may be experiencing mental ill health or emotional distress.
- Listening: ensuring you listen to your colleague and you provide them with with a safe and non judgmental space.
- Organise and prioritise your workload: so you have the time to recognise when your colleagues need additional support and help.

Experience and Knowledge

- Any additional qualifications and experience are not essential but are desirable.

Benefits

- There is no additional remuneration with this role, but the training and the experience you will gain will help enhance your skills and will provide you with an additional understanding of mental health

Who should go on the Mental Health First Aid course?

- Individuals who wish to learn more about mental health and how to support their colleagues, when required to do so.
- Those who will have the required support from their manager to attend the two-day training and fulfil their role once trained.

