

Mental Health Wellbeing Champion

Recruitment Profile - This is a summary of the Job Description and Person Specification



Blood and Transplant

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 MHFA England training course.

All Mental Health Wellbeing Champions will be trained to:

- Spot the early signs and symptoms of mental ill health
- Be confident to 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.
- Observant and aware: so you are able to recognise when your colleagues need additional support and help
- Organisational and creative skills: to help plan proactive events within your area to raise awareness of mental health.
- Any additional qualifications and experience are not essential but are desirable.

Benefits

- The training and experience you will gain will help enhance your skills and give you an additional understanding of mental health. This is a nationally recognised qualification.
- Opportunity to network with MHWCs across other centres and to develop relationships with colleagues at all levels of the organisation.

Expectations of a trained Mental Health Wellbeing Champion

- To make your colleagues aware that you have been trained and be available to listen at any NHSBT colleague who needs support in the work environment.
- To help support your local team / centre in the raising of awareness around mental health, through both local and national campaigns.
- To attend local and national mental health and wellbeing meetings via skype / face to face as required.
- Update your local Centre Management Committee meetings with progress on plans and put forward suggestions for events.
- To provide anonymous feedback about any conversations or proactive activity undertaken to enable us to measure the effectiveness of the network.
- Undertake further CPD to increase and develop your skills as appropriate.

Some of the topics covered on the Mental Health First Aider Training course:

- stigma and discrimination
- what is mental health?
- depression
- anxiety
- suicide
- cognitive distortions
- personality disorders
- eating disorders
- self harm
- psychosis
- schizophrenia
- bipolar disorder
- alcohol, drugs and mental health

If you have any concerns over anything listed above, please contact HR Direct (27700) who will put you in touch with someone who can talk the details through with you.