

Mental Health and Wellbeing Ambassador

What is a mental health and wellbeing ambassador?

A mental health and wellbeing ambassador will be students that have an interest in mental health and wellbeing and are keen to be more involved in ensuring this issue is considered part of university life. So If you are an empathic and enthusiastic individual, keen to develop new skills while supporting peers experiencing low level wellbeing and mental health issues this will be the perfect role for you, especially if you are driven to change the state and stigma associated with student mental health.

If you become a mental health and wellbeing ambassador, here are some of the activities you will be involved in:

- Running a peer to peer support drop for students suffering from low level mental health issues by providing a safe and non-judgemental space for students
- Working in a small group alongside the university Student's Support and Wellbeing team to provide support groups.
- Being part and inputting feedback in the Community Council and mental health forums
- Taking part in focus groups to share your thoughts and ideas, ensuring that wellbeing & mental health initiatives are effective and relevant to current students.
- Being involved in promoting wellbeing & mental health information, events and services to other students.

Training and Commitments

- Free training will be provided such at the Student Mind's 'Look After Your Mate' training, 3 minutes to save a life and CBT.
- Minimum of 8 volunteering hours a month.
- Students must attend a meeting with the Community Officer at least once a semester to discuss any further training you feel is needed as a peer mentor, or address any issues that may have been brought to your attention from other students

The role does not involve providing advice or counselling to other students, and volunteers are not expected to have any prior experience in running peer support groups.