**Great Mental Health Program**

**Job Titles:** Mental Health Champion Volunteer.

**Location:**  Mind in Haringey and around Haringey borough

**Supervised by**: Project Manager (Tom Haymer)

**Type of Work:** Support Work

Mind in Haringey and The Bridge Renewal Trust have formed this partnership to build on the achievements of our recently established Community Protect Network to support the planning and delivery of community-based interventions and initiatives to improve the mental health and well-being of the local population in Haringey.

Our service is dedicated to people with existing mental health conditions, young people and Low-income households, who are residents of Haringey. The project will provide basic training, supervision and support for volunteers to be effective Mental Health Champions in the community and empower people with existing mental health conditions, young people &Low-income households to engage in activities and progress in life.

**About Mind in Haringey**

Mind in Haringey (established in 1984) is one of the leading mental health services in Haringey. We provide information, advice and support to anyone affected by a mental health problem, primarily in Haringey. We work to prevent mental health problems, promote mental well-being and ensure those with mental health problems are respected and included in our local community. One in four people are affected by metal health in Haringey, out of a population of 225,000 that's over 54,000 people. This includes 2,413 children and young people.

The services we offer include counselling (a daytime and evening service), Haringey wellbeing network service that includes Mental health training and awareness Community asset development, Wellbeing advocacy , Bereavement Network, Ex- Services, Improving black minds, Haringey Suicide Prevention, peer support and Wellbeing activities such as gardening, yoga, meditation and a women’s craft and discussion group..

Our services respond to needs identified by service users; working to increase wellbeing, confidence, social integration and independence. We work with more than 2000 carer’s, adults and young people suffering from or affected by mental ill health each year.

**Our Mission**

Our mission is to support anyone in Haringey with mental health issues by listening to people, defending their rights and helping them to lead fulfilling lives.

**Our Values**

* We listen with care, respect and reassurance to everyone we encounter
* We seek to influence and improve mental health services in Haringey, raising awareness and challenging stigma and discrimination
* We are committed to easy and equal access to mental health services for everyone in Haringey
* We consider opportunities for collaboration when developing services
* We seek continuous improvement in all we do

**Key Tasks and Responsibilities:**

* Receive and attend regular supervision.
* Good communication skills.
* Need to dedicate at least 4 hours to project.
* Attend all of the Volunteer Training Sessions.
* Be responsible for creating pop up coffee mornings and or effective groups of that nature within Haringey.
* Help raise self-esteem through a positive relationship with people with existing mental health conditions, young people, Low-income households and set clear boundaries.
* Preparing rooms prior and at end of session.
* Be responsible for data collation, and possibly filling.

**Key skills and abilities needed**

* Understanding of the needs of people with existing mental health conditions, young people &Low-income households.
* Excellent ability to talk and listen to people.
* Be able to work on your own and in a team setting.
* Be able to deliver advice, support and activities to people with existing mental health conditions, young people & Low-income households.
* Experience of work with people with existing mental health conditions, young people, Low-income households.

**Qualities:**

Volunteers must be able to work independently and know when to ask for assistance. Volunteers will demonstrate qualities associated with problem solving, patience and persistence, and work well with both Individuals and groups.

**Training**

As a volunteer it will be necessary to attend the following training at Haringey Mind:

* Volunteer Induction.
* Safe Guarding
* Suicide Prevention
* Mental Health First Aid (2 day course)

**Confidentiality:**

All client information is confidential and not shared with anyone outside the volunteer program without client consent. Violation of confidentiality procedures will be grounds for dismissal.