

Groundwork London

Volunteer Role Description



Job Title: Volunteer Mental Health and Wellbeing Champions

Responsible to: Youth Participation Coordinator

Responsible for: N/A

Location: Morley Street and The Nest

ROLE BACKGROUND:

We are searching for Volunteer Mental Health and Well-being Champions as part of Groundwork's effort to expand projects focused on the well-being of young people. In this role, you will play a part in creating a supportive environment, diminish stigma, and provide valuable resources for the mental well-being of young individuals. We want individuals to actively contribute to a positive cultural shift surrounding mental health within the community through engaging and impactful events and activities.

Groundwork aims to integrate the voices of young people into our service delivery, emphasizing our commitment to involving them in shaping Youth Mental Health initiatives. You will be provided with training and support during your time with us.

MAIN OBJECTIVES:

- **Raise Awareness:** Help people understand why mental well-being matters and different mental health conditions to reduce stigmas about mental health.
- **Create a Supportive Environment:** Encourage open communication and empathy that makes the community feel emotionally safe through events celebrating diversity and inclusivity.
- **Provide Information and Resources:** Work with professionals to create easy-to-understand materials on stress management and self-care. Share local mental health services and resources.

KEY TASKS & RESPONSIBILITIES:

- **Facilitate Workshops and Training:** Lead workshops and training on spotting signs of mental health issues, stress reduction and mental health awareness. Organize support groups for sharing experiences.

- **Support Individuals:** Connect people with mental health resources. Act as a link between individuals and professionals.
- **Advocate for Mental Health:** Partner with local groups for awareness events and speak about mental health's importance in community meetings.

OTHER RESPONSIBILITIES

- Work with due regard for Groundwork's core values and objectives
- Ensure the effective implementation of and adherence to, the Trust's Diversity, Equal Opportunities and Health and Safety policies and procedures

PERSONAL AND PROFESSIONAL DEVELOPMENT

- Share best practice and achievements, and actively seek opportunities to present outcomes and case studies.
- Contribute to the learning of others across the organisation by sharing knowledge and skills both informally and formally by participating in the trust's training and development programme.

[Jan 2024]