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| **JOB DESCRIPTION** |
| **Job Title** | GUSRC Mental Health Trainer |
| **Location** | You will receive training in delivering workshops both online (via Zoom) and in-person, on campus.  |
| **Salary** | £10.50 per hour  |
| **Hours**  | Varied, with greater demand during Welcome Week and the beginning of the academic calendar year. |
| **Reports to** | Volunteering Coordinator  |
| **Closing date** | Friday 7th July, 4pm |
| **Interviews** | Week commencing 17th July  |
| **Training** | Mon 7th – Tue 15th August (*Mind Your Mate* Suicide Prevention Programme)Wed 16th – Fri 25th August (Emotional Resilience Skills Programme)**Schedule (subject to change):**Mind Your MateMon 7th: Must be available 10am – 4pmTue 8th – Fri 11th: 1hr group session and 1hr one-to-one per dayMon 14th – Tues 15th: Must be available for 3hrs to deliver sign-off workshopEmotional ResilienceWed 16th: Must be available 10am – 4pm Thu 17th – Fri 25th (excl. Weekends): 1hr group session and 1hr one-to-ones per day, plus workshop sign-off. \**You must also be available to deliver workshops the week prior to, and during, Welcome Week (4th – 15th September)* |

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| **OVERVIEW** |
| We are recruiting more students to help deliver our *Mind Your Mate* (Suicide Prevention Skills) and *Emotional Resilience Skills* Workshops. These workshops form part of GUSRC’s aim to build a community of Mental Health Champions, reduce the stigma surrounding mental health, and cut down the barriers that prevent students from accessing the help and support they need. Our **Suicide Prevention Programme** helps participants develop basic mental health awareness and suicide prevention skills. It focuses on those around people at risk, training them to follow the ‘Look Listen Link’ model. Topics covered include:* The core of suicide prevention
* Myths and facts around suicide
* Emotional resilience and suicide risk
* Why someone may not ask for help
* Why someone may not try to help
* Our role in linking ourselves and others to appropriate support
* Evidence that most people will move away from suicide risk if they get the appropriate help
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| Our **Emotional Resilience Skills Programme** helps participants develop life skills to become highly resilient people. Emotional resilience is a major defense against clinical depression, anxiety, and other common mental health issues. Topics covered include:* Understanding mental health
* Mentally healthy practices to introduce into your life
* Emotional Resilience
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| **PURPOSE OF ROLE** |
| To deliver *Mind Your Mate* and *Emotional Resilience Skills* workshops in-person and online, to students, staff, and targeted groups across the University of Glasgow throughout the academic year. You will play an important role in helping GUSRC raise awareness of mental health issues and improve student wellbeing, by creating a community of student and staff Mental Health Champions. Liaising with the Volunteering Coordinator, you will help contribute to the evaluation and development of the workshops.  |

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| **PERSON SPECIFICATION** |
| Must be a registered University of Glasgow student |
| Able to deliver a minimum of three workshops per semester |
| Friendly and approachable manner |
| Excellent verbal communication skills, with confidence in public speaking |
| Flexible approach and willingness to learn and adapt to changing requirements |
| Reliable timekeeping and organisational skills |
| Understanding of the need for confidentiality  |
| Ability to handle emotional and often distressing information with sensitivity  |
| Ability to work alone, using your own initiative  |
| Ability to work as part of a team |
| Passion and commitment to improving student welfare and mental health |