

Required skills and experience needed to be an Anchor Project (Suicide Bereavement) Volunteer	
Areas	What you will need to be able to do
Knowledge & Experience	<ul style="list-style-type: none"> <li>• Have a good understanding of mental health and wellbeing</li> <li>• Have an awareness and understanding about the organisation and what services it can offer (training provided)</li> <li>• Have an understanding and awareness or personal experience of suicide bereavement</li> <li>• Have an understanding and awareness of how to support someone in distress</li> </ul>
Skills	<ul style="list-style-type: none"> <li>• Ability to create connections with people and groups</li> <li>• Ability to listen and empathise</li> <li>• Ability to assist the facilitation of groups</li> <li>• Ability and commitment to keeping information confidential</li> </ul>
Personal Attributes	<ul style="list-style-type: none"> <li>• To be reliable, punctual and flexible</li> <li>• To be organised</li> <li>• To be open to on-going learning</li> <li>• To let us know if the role is becoming too demanding</li> <li>• To connect with a wide range of people who may have differing opinions to your own</li> </ul>
Additional Requirements	<ul style="list-style-type: none"> <li>• Able to travel</li> <li>• To be available on a Tuesday during either the daytime and/or evening</li> <li>• Able to use email and phone</li> <li>• Willingness to have a DBS check</li> </ul>

<b>Training &amp; Support Offered</b>	
	<ul style="list-style-type: none"> <li>• <b>Mental Health First Aid</b></li> <li>• <b>Suicide Awareness training</b></li> <li>• <b>Professional boundaries</b></li> <li>• <b>Safety and Work</b></li> <li>• <b>Safeguarding Adults</b></li> <li>• <b>Volunteer Induction</b></li> <li>• <b>Ongoing 1:1 support</b></li> </ul>
<b>Role Requirements</b>	
	<ul style="list-style-type: none"> <li>• <b>Inclusive, non-judgemental, represent NCNM according to our codes of conduct etc.</b></li> <li>• <b>To liaise with Suicide Bereavement Project lead to ensure smooth running of groups</b></li> </ul>