

Required skills and experience needed to be a Mind Telephone Support 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 understanding and awareness of how to support someone in distress</li> <li>• Have an understanding of, and commitment to equal opportunities, diversity and people's rights</li> </ul>
Skills	<ul style="list-style-type: none"> <li>• Ability to create connections with people</li> <li>• Ability to listen and encourage engagement</li> <li>• Ability to contribute positively to development of the role</li> <li>• Ability and commitment to keeping information confidential</li> <li>• Ability to effectively listen, monitor an individual's situation, problem solve and signpost</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>• Ability to travel to the Sale Road office</li> <li>• Ability to use email and phone, and basic software such as MS Office (some training provided)</li> <li>• Willingness to have a DBS check</li> <li>• A six-month commitment to supporting the work of our teams with one four hour session per week as a minimum</li> </ul>

<b>Training &amp; Support Offered</b>	
	<ul style="list-style-type: none"> <li>• <b>Mental Health First Aid</b></li> <li>• <b>Professional boundaries, Safety at Work, Safeguarding and Equality and Diversity</b></li> <li>• <b>Regular supervision</b></li> <li>• <b>Shadow shifts on the mental health support line for operational knowledge and familiarity</b></li> <li>• <b>Organisational Induction</b></li> <li>• <b>Awareness of Personality Disorder training to help you understand the issues faced by people living with this diagnosis</b></li> </ul>
<b>Role Requirements</b>	
	<ul style="list-style-type: none"> <li>• <b>To provide telephone support to people living with long term and enduring mental health conditions, in particular personality disorders</b></li> <li>• <b>To provide information to these individuals on relevant services and help them with goal setting and low-level emotional support</b></li> <li>• <b>To respond to any increase in risk levels for an individual in a timely and professional manner using a provided pathway</b></li> </ul>
<b>Notes –</b>	