

## **Role description: Mental Health Peer Mentor (Pilot)**

### **Role: Mental Health Peer Mentor for Geography**

**Hours to commit: 6hr initial training plus time per month for feedback and group supervision.**

### **Outline**

We have an exciting opportunity to bring mental health and wellbeing peer support to our Geography students! As Mental Health Peer Mentors for Geography, you will be fully trained by [Mind \(the mental health charity\)](#) to provide peer support for our first-year Geographers.

### **Main tasks**

To become a Mental Health Peer Mentor for Geography, you will need to commit to an initial six-hours of training. Please note, full and complete engagement with the training is part of our selection process and completion of training may not guarantee selection. Following the training there will be an opportunity to discuss any concerns and suitability to the role.

The training will equip you with the skills needed to offer this peer support. You will gain an understanding of how to manage difficult situations effectively, how to signpost to support, and how to establish and maintain professional boundaries, whilst learning what a mentor is and is not.

On successful completion of training, you will then be paired up with a first-year student and commit to a 6-week relationship. As a Mental Health Peer Mentor, you will be there to offer valuable, confidential, and impartial support. You will be able to provide this support whilst remaining non-judgemental and empathetic. You will be fully supported through this role, and will attend regular group supervision sessions, continually feeding back on how your role is going, expressing any concerns or worries.

### **Person specification**

No prior training or experience is required but we would expect you to meet and demonstrate some essential qualities:

- Strong communication and listening skills
- Desire to help/support people
- Empathy
- Resilience

Not only is this a brilliant way to boost your CV, taking part in the scheme will contribute towards volunteer awards, and your Higher Education Achievement Record (HEAR). It is also an excellent opportunity to increase your employability skills, such as communication, leadership and organisational skills. It is also a great opportunity to gain experience of supporting individuals with their mental health and wellbeing.

### **How to apply**

Please visit: [https://qfreeaccountssjc1.az1.qualtrics.com/jfe/form/SV\\_cAf7XlOMomGZ1gG](https://qfreeaccountssjc1.az1.qualtrics.com/jfe/form/SV_cAf7XlOMomGZ1gG) to fill out our online application form. If you are successful in your application and are shortlisted for the scheme, we will contact you via email to arrange an online interview.

May 2021 – Version 1

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Please note, in the situation that we are oversubscribed with mentor applications we may have to close them early. For any queries about the application process or if you would like to discuss whether the programme is right for you, please contact a member of staff on the scheme (details under 'Contact Information' or visit our FAQ section on our [webpage](#)).