**ROLE DESCRIPTION: WELLBEING AMBASSADOR**

**ABOUT THE ROLE**

*As a Wellbeing Ambassador you will be representing the Students’ Association, promoting better student wellbeing as well as making a difference amongst your peers. You will also be given Mental Health First Aid (MHFA) training as well as training on safeguarding and signposting students. Together we will work with you to tailor further informational training sessions to help you develop the skills you are seeking. You will be involved in planning and assisting with wellbeing related events/ campaigns.*

**KEY RESPONSIBILITIES**

* Regular contact with the Independent Education & Welfare Advisors who you will be reporting to.
* You will be an approachable point of contact when on campus for your peers when they require advice and support with wellbeing related matters.
* You will help in promoting better wellbeing through different projects, campaign and events (in-person or online) e.g. Home Away From Home.

**TRAINING PROVIDED**

* Core Wellbeing Ambassador training.
* Mental Health First Aid Training.
* External Mental Health related training.

**PERSON SPECIFICATION**

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| --- | --- | --- |
|  | **Essential** | **Desirable** |
| *Strong level of empathy when discussing difficult topics.* | **x** |  |
| *Basic understanding and/or interest in wellbeing/ mental health.* | **x** |  |
| *Personable, approachable, and friendly.* | **x** |  |
| *Familiarity with university services and comfortable with signposting students.* | **x** |  |
| *Eager to learn and pick up new skills.* | **x** |  |
| *Comfortable in participating and/or running wellbeing events and campaigns.* | **x** |  |
| *Comfortable in creating and/or featuring in wellbeing related social media content.* |  | **x** |

**SKILLS YOU WILL DEVELOP**

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| --- | --- |
| **Skills/experience developed** | **Brief Explanation:** |
| *Mental health specific training* | *Comprehensive training package designed to give ambassadors the confidence to participate in peer-to-peer support for the student body.* |
| *Services knowledge* | *Through the promotion of wellbeing and mental health services offered by the University.* |
| *Confidence* | *Through involvement in the shaping of the project, meeting students and informing them of relevant information on mental health and wellbeing.* |

**DURATION AND AVAILABILITY**

* Availability: ad-hoc.
* Duration: until graduating.