

## Mental Health Mentor

Theorise is looking for a qualified and experienced Mental Health Mentor to work with students. This role will involve working as part of Theorise external support team to deliver specialist one-to-one mental health mentoring sessions and interventions for students within specific professional guidelines and internal policies, to promote independence and enable students to fully reach their potential and maximise their academic student experience.

Mentors will utilise a full understanding of the specialist mental health field in contributing to the work activities of Student Support Services for our client.

The ideal Mentor will have a thorough knowledge and understanding of working with individuals and experience in assisting them working through mental health difficulties. The leading candidates for this role will have experience in working in further / higher education but this is not essential dependant on other relevant experience.

## What is the role of a Mental Health Mentor?

The aim of mental health mentoring is to provide support that enables a student to more independently manage their mental health condition and reduce the potential impact of the condition on their studies. Mentors can assist students in identifying barriers to their success and adopt more effective study strategies. They may address the student's expectations of themselves and others, address timetabling issues and clarify goals. Students may also benefit from support that helps them manage the impact of a recent diagnosis or the effects of medication on their studies.

The role of Mental Health Mentor is not the same as counselling and does not replace the role of the University's Mental Health Advisers, who may provide therapeutic support to students with more severe difficulties, or who are experiencing crisis situations. Mental Health Advisers may also make referrals to other agencies when required.

## Main duties and responsibilities

- Provide one-to-one support to students to assist in managing any difficulties with their mental health.
- Discuss and explore what support the student may find helpful in relation to addressing any barriers or difficulties they face that directly impact on their ability to study effectively.
- To provide bespoke sessions for each student according to the needs of the individual student.
- Deliver support according to Theorise and each of our clients' guidelines and codes of conduct.
- A flexible approach to working hours is required.
- Manage paperwork effectively, i.e., completing time sheets and any reports required.
- You will be expected to represent Theorise in a professional manner, this includes adhering to our policies regarding confidentiality and safeguarding.

## Skills, Knowledge & Experience required

- We expect you to have good communication and organisational skills, a willingness to support students with particular needs, and an approachable, patient and understanding manner.
- Ability to communicate with the student to understand their needs and devise an appropriate plan for delivering support and how it will be used to achieve identified goals Ability to understand the needs, objectives and constraints of others.
- Experience of working with students in a higher education environment on a one-to-one basis is desirable however this may be overlooked dependant on experience in other suitable fields.

- Knowledge and understanding of a range of mental health difficulties and approaches to work with them.

It is essential that applicants hold a degree or equivalent in a related subject & membership to one of the below Professional Bodies:

- Association of Child Psychotherapists.
- BABCP accreditation
- BACMP/MBACP membership
- British Psychoanalytic Council
- British Psychological Member (alongside a PG qualification in Psychology or Mental Health)
- COSCA accreditation
- FDAP (NACA)
- General Medical Council Psychiatry
- Health & Care Professions Council
- IACP membership
- National Counselling Society (NCS)
- Nursing and Midwifery Council (NMC) - Mental Health Nurse/ Community Mental Health Nurse / Psychiatric Nurse
- Social Care Wales (SCW)
- Northern Ireland Social Care Council (NISCC)
- UK Council for Psychotherapy (UKCP) - Full clinical individual member
- Association of Christian Counsellors (UK) - Accredited Counsellor

It is desirable that applicants hold one or more of the following qualifications:

- Autism / Asperger's Qualifications of one or all of the following: All NAS core autism online training modules' hold a PG Certificate in Autism / Asperger's

Support will be conducted at mutually agreed times between tutors and students therefore there is a great deal of flexibility to the role. However, support is likely to be requested by students in working hours (Mon-Fri 0900 – 1700). This role will likely have both face-to-face aspects working with students on campus as well as the option to work with students remotely dependant on preferences.

Pay Rate: £35.70 per hour + holiday pay accrual on a PAYE basis.