

# Student Minds Facilitator Role Description

Are you an empathetic and enthusiastic individual, keen to develop new skills while supporting peers? Student Minds offers volunteering experiences to passionate students who are driven to change the state of student mental health and wellbeing.

Volunteering as a group facilitator will give you a unique opportunity to develop your skills, make a difference to students' mental health and wellbeing at your university, boost your CV and gain experience in the field of mental health and wellbeing.

## **Role summary:**

To provide a safe, non-judgemental space for students with similar experiences to come together and support one another. Working in a small group, facilitators will organise and run a peer support group for students within their university. The role does not involve providing advice or counselling to other students, and facilitators are not expected to have any prior experience in running peer support groups.

## **Time and training commitment:**

- To facilitate, you must attend the two-day Student Minds peer support training.
- Minimum 10 hours a month volunteering, spread between advertising the group, running sessions, attending supervision and meeting with fellow facilitators.
- Must be able to commit to facilitating for one full academic year.

## **Desired attributes/skills:**

- Empathetic, non-judgemental and respectful
- Open-mindedness and willingness to learn
- Commitment to the role
- Strong listening and verbal communication skills
- Ability to work effectively both independently and in a team
- Good time management skills and ability to prioritise
- Good organisational skills
- Enthusiasm for leadership tasks and responsibilities
- Ability to take initiative and engage in problem solving
- Ability to give and receive feedback

## **Responsibilities and requirements:**

- Establish and run a safe peer support group for students at your university.
- Alongside another trained volunteer, facilitate sessions for students following Student Minds confidentiality policy.
- Publicise and promote the group in a variety of ways, including using publicity materials, managing social media accounts.
- Liaising with University staff/SU staff/existing student groups and societies to promote the group.

- Manage logistics of the group including booking rooms, collecting feedback from attendees, and organising and attending team meetings.
- Maintain contact with Student Minds, providing attendance data and feedback following each session.
- Attend supervision with a trained supervisor following each session you facilitate.
- Be an ambassador for Student Minds.

#### **Benefits of becoming a peer support facilitator:**

- Part of the Student Minds facilitator network.
- Good practice and experience for future career
- Develop knowledge of mental health
- Develop leadership skills
- Two-day intensive and thorough training
- Networking with other university students
- Ongoing support from Student Minds
- Gain professional skills and experience

#### **What support will I receive?**

- Supervision - after each group session you facilitate, you will have a call with one of our supervisors to talk about the session, reflect on your progress in running the groups, raise any concerns or challenges, and develop your own skills and confidence.
- Access to all of our online resources including e-learning, how-to guides, templates, downloadable event packs and more.
- Advice and guidance from a Student Minds staff member. We're on hand to support you with the running of the group.
- A personalised Student Minds group logo and access to a Student Minds email address for group communications.

#### **Is this the right opportunity for me?**

Our number one priority is the wellbeing of our volunteers, so we encourage all students to think carefully about whether now is the right time to take on this type of volunteering opportunity.

We do not encourage students with acute mental health difficulties to take on the responsibilities of a group facilitator. We use the word acute to refer to difficulties that have a substantial impact on your quality of life and/or capacity to engage in your university education.

- If you're unsure whether the volunteering is suitable for you, please get in touch [volunteer@studentminds.org.uk](mailto:volunteer@studentminds.org.uk)
- Take a look at our 'Student Volunteering' page for other opportunities you may be interested in getting involved with.

*Have any questions about the application process or need reasonable adjustments made? Please contact [access@studentminds.org.uk](mailto:access@studentminds.org.uk). We are inclusive and encouraging of all students who want to volunteer, and in particular welcome BAME, LGBTQ+ and disabled applicants.*