

Mental Health First Aider (Student support) MHFAider® - Role Descriptor

1) The Role of the MHFAider®

MHFA England states that the role of a MHFAider® is to:

- Recognise those that may be experiencing poor mental health and provide them with first-level support and early intervention
- Encourage a person to identify and access sources of professional help and other supports
- Use active listening and empathy
- Hold conversations with improved mental health literacy around language and stigma
- Be able to discuss the role in depth including boundaries and confidentiality
- Practise self-care

2) Core requirements

The core requirement of the MHFAider® (student support) within the University of Exeter is to:

- a) Provide support to staff who have identified a student who may be experiencing wellbeing/mental health difficulties
- b) Provide MHFAider® support to students directly
- c) Attend a 2 day MHFA training course and a follow up refresher course when required
- d) To actively participate within the University of Exeter Communities of practice group

3) Key responsibilities of the MHFAider® (student support)

- Upholding the qualities and values of the role
 - Contributing to reducing stigma and promoting positive mental health
 - Using the MHFA action plan (ALGEE) when supporting staff who are supporting students, and when supporting students directly
 - Practising self care
 - Maintaining the boundaries of the role
 - Recording information as appropriate
 - Liaising with wellbeing services as appropriate
 - Attending and engaging in support and training events and activities
- a) For when the MHFAider® is supporting staff who are supporting or concerned about a student. This will include:
- Use the 5 point action plan (ALGEE) to gain information about staff members concerns about a student and what action has been taken to far
 - Support the member of staff with next steps which may include accessing crisis support/ wellbeing urgent referral/ MHFAider® to meet with student/support staff member to meet with student/liaison with wellbeing MHFAider®
 - To support staff to debrief and signpost to additional support for staff as required

- b) MHFA aider support for students directly;
- Use the 5 point action plan(ALGEE) to provide MHFA to students experiencing poor mental health or mental health crisis

4) Support for you as a mental health first aider

- Access to monthly MHFA support meetings (communities of practice)
- Opportunity to debrief via the MHFA surgery facilitated by Wellbeing MHFA trainers
- Support from the wellbeing liaison worker in respect of difficult and/or urgent situations as required
- Access to MHFA app and training updates and opportunities

5) Qualities and attributes

- Ability to maintain agreed confidentiality policies and boundaries of the role
- Excellent interpersonal and communication skills
- Ability to actively listen without judgment or prejudice
- Having an attitude of empathy, compassion and respect
- Good team working skills
- Ability to recognise the need for support for others, and to provide support where necessary
- Commitment to the MHFAider® role and values
- Willingness to discuss risk issues and deal with challenging and complex situations in a calm, supportive manner
- self awareness of own emotional triggers and when to request support for self
- willingness to review impact and effectiveness of the role in the department/service

6) MHFAider® information for first aiders and line managers.

The MHFAider® role is recognised within the University as an agreed voluntary role. The work within the role will sit alongside your current role for maximum of 3 years and then will be reviewed. You can chose to withdraw from the role at any point.

The nature of the MHFA work may mean that you may be asked to respond promptly. Your line manager will be informed that this will part of the role. There may be challenges associated with managing a voluntary role alongside work related duties. In situations such as these, please discuss with your line manage in the first instance.