



## **EXPRESSION OF INTEREST**

**Peer Group Facilitators (paid)**

**And Trainee Peer Group Facilitators (paid)**

**For**

**New BEING Peer Support Groups – Suicide Support and Awareness Program**

**Applications close Sunday the 22<sup>nd</sup> of November**

We are excited to announce a new suicide peer support group program commencing in January 2021 and are looking for people who would like to be involved and be trained to facilitate the peer support groups. If you are interested in being a part of this new and exciting program, please complete the application form below.

### **Background**

BEING – Mental Health Consumers has been funded by the NSW Government as part of the Towards Zero Suicides initiative to pilot the Suicide Support and Awareness Program (SSAP), which is a peer-led and co-designed group program specifically tailored for people who identify as having mental health issues and suicidal crisis such as attempts or thoughts.

The Suicide Peer Support Groups will be closed and confidential meetings operating once a week for a three-month period. Each group will provide for a culturally safe and trauma informed space where conversations on suicidality can be explored and supported by peers, people who have their own experiences with mental health issues and suicidal crisis, and have been through similar situations.

### **About the position**

As a consumer operated organisation, BEING – Mental Health Consumers is looking for people who have their own personal experience of living with suicidal thoughts and/or attempts (and who identify as living with mental health issues) to be trained as Peer Facilitators for this new and exciting program.

As a Peer Group Facilitator, you will draw upon your personal experience of mental health issues combined with suicidality and recovery to support and inspire hope, empowerment, and recovery for others. You will guide group discussions about suicidal experiences and other forms of emotional distress in a safe, non-clinical and non-judgmental space, as well as other discussions based on the program and the needs of the participants of the group.

Prior to the commencement of the Suicide Peer Support Groups, BEING – Mental Health Consumers will provide you with in-depth Peer Group Facilitator training, equipping you with the effective skills and confidence to facilitate the group successfully. BEING – Mental Health Consumers will cover the cost of training, including lunch and morning tea on the training days.

### Essential Criteria:

- Personal experience of living with mental health issues (consumer) and suicidal thoughts and/or attempts,
- Ability to utilise your own experiences to support and inspire hope, empowerment and recovery for others,
- Live in Sydney (however we are interested in establishing an online group and possibly groups across NSW so please apply if you are in other areas),
- Be able to commit to attending the 5-day Peer Facilitator training in Sydney CBD in the second and/or third week of December,
- Available to facilitate weekly 1.5-hour Suicide Peer Support Group sessions from January to March. Additional time will need to be allocated for set up/pack up of group and group planning. **All Peer Facilitators positions are paid roles.**
- Adhere to the values of BEING – Mental Health Consumers including respect, dignity, inclusion, social justice and equity. A belief that all individuals can and do recover is critical to this work,
- Be passionate about working towards improving the lives of people with mental health issues and suicidal thoughts and/or attempts and supporting them through a peer support lens,
- BEING – Mental Health Consumers will cover the costs of the 5-day Peer Facilitator training, however all other costs will be at the individual's expense.

### How to Apply

If this sounds like you, please complete the attached Expression of Interest form and email a resume and cover letter to [jobs@being.org.au](mailto:jobs@being.org.au)



To ensure we are inclusive, we are happy to provide assistance for anyone who requires help with completing the application or their resume. For further information please contact 1300 234 640

BEING – Mental Health Consumers Inc. is an Equal Employment Opportunity employer. This means we apply affirmative action strategies to the employment of people with personal lived/living experience of mental health issues.

**Applications close 11.59pm on Sunday the 22<sup>nd</sup> November**



**Application Form**  
**Peer Group Facilitators**  
**Suicide Support and Awareness Program**

**Name:** \_\_\_\_\_

**Phone no:** \_\_\_\_\_

**Email:** \_\_\_\_\_

**Address:** \_\_\_\_\_

Best method of contact (please circle):

Phone

Email

1. Tell us a little about yourself and why you would like to become a Peer Group Facilitator with the Suicide Support and Awareness Program (SSAP)?
  
  
  
  
  
  
  
  
  
  
2. Can you tell us a little bit about your lived experience in response to the above criteria?

3. Are you comfortable in sharing your story of living with mental health issues and suicidal thoughts and/or attempts with the support group members, and how do you anticipate sharing in a meaningful and purposeful way?

4. Are you involved in any other work in the mental health sector? (This could be paid, volunteer, committee work etc.)