

## Freelance Mental Health Training Consultants

The Charlie Waller Trust has been working for over 20 years to improve awareness and understanding of mental health. Created by the Waller family in 1997 in response to the loss of their son and brother Charlie to suicide having suffered from depression, we have since become one of the UK's most respected mental health charities.

### About the [Charlie Waller Trust](#)

We provide evidence-informed education, training and other resources to schools and families, universities and further education institutions, primary care professionals, and the workplace. We also sponsor a Chair in evidence-based psychological treatments at The Charlie Waller Institute, based at the University of Reading.

We are known for our team of highly experienced trainers and staff, all of whom are both expert and passionate about mental health.

Overall, our approach is:

- **Positive** - focusing on prevention and early intervention and recognising the importance of offering hope.
- **Proven** -our consultancy, training and resources are all based on sound clinical evidence.
- **Practical** –our content provides people with strategies and tools to care for their mental health, and to support others in doing so.

### About our Schools and Families Programme

Our Schools and Families Programme provides primary and secondary schools and parents and carers with training and consultancy to promote mental health and wellbeing in children and young people, and those who care for them. Schools and families are crucial to the mental health and wellbeing of children and young people and need training specific to their individual circumstances which is delivered in a variety of formats, face to face and, particularly within the last two years, online.

### About our Colleges and University Programme

Increasingly colleges and universities have recognised the importance of wellbeing and psychological health to student success. This was historically demonstrated by the development of counselling services, and more recently those services have

### We're talking mental health

The Charlie Waller Trust  
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developed to include a greater emphasis on whole college or whole university approaches.

As the impact of the COVID-19 pandemic dramatically changed student experience it created new pressures and challenges for organisations, so this imperative becomes all the greater

### **To this end we offer:**

- Training that is either bespoke or training from a common slide-deck resource.
- Consultancy with the school that we are working with drawing on the experience of our trainers to meet the individual needs of the schools we are working with.
- We work with schools, children and young people and their parents and carers to develop new programmes of work and new creative resources.
- We believe strongly in the importance of a school being able to measure the impact of its work in this area and we can advise on this also.

### **Our Mental Health Training Consultants**

We are seeking new freelance trainers to join our growing team. We wish to appoint people with experience of working with a range of organisations delivering training and interventions in mental health and wellbeing, ideally in either primary and secondary schools and/or in colleges and universities.

### **We are looking for people with:**

- a clinical qualification in mental health and/or psychology or equivalent relevant experience such as Counsellor, Social Work, Mental Health Nurse, Occupational Therapist etc
- an in-depth knowledge and understanding of the student experience and the issues that can cause stress and mental ill health
- knowledge of a range of evidence informed interventions that support mental health in children and young people.

### **We are seeking experienced candidates who can:**

- demonstrate highly effective training and communication skills
- develop instant rapport as well as effective and sustained relationships with organisations.
- provide a range of training interventions on mental health and wellbeing to support children, students, increasing their knowledge skills and confidence



- be flexible and adapt to suit the needs of a school, college or university and specific audiences
- demonstrate experience of developing additional resources to support mental health and wellbeing including policies and strategies
- demonstrate a clear understanding of the connection between mental health and wellbeing and learning in children and adults
- write creative engaging material e.g., presentations, blogs, webinars, learning material
- use their existing networks to generate new work
- be creative, responsive and adaptable to the varied needs of the organisations they work with

Freelance Workplace Mental Health Trainers We offer a self-employed contract at the rate of £340/day plus travel expenses for delivery and a desk-based rate of £275/day.

**If you are interested in joining our team, please apply with a CV and covering letter to:**

**Email:** Martha Lee-Harris: [martha.lee-harris@charliewaller.org](mailto:martha.lee-harris@charliewaller.org)

**Post:** FAO Martha Lee- Harris, Charlie Waller Trust, Rear Office, First Floor, 32 High Street, Thatcham, Berkshire, RG19 3JD

Please include within your covering letter the programme(s) you are interested in supporting (our schools and families programme and/or our colleges and universities programme).

**Closing date for applications:** Sunday 31<sup>st</sup> July. Interviews will take place week commencing 8<sup>th</sup> August