Peer Support Network Application Form (Form 1)

Personal Information:

Name:	
Employee No.:	
Contact No.:	
Email Address:	
Physical Address details: *	
Job Title:	
Depot/ Base Department:	

** Only required for employees applying for Mental Health First Aider role because course books are delivered to your address of choice.*

What is your Route/ Area? ((√ the option that apply)

High Speed: ☐ Kent: ☑ Sussex: ☑ Wessex: ☐ Stations: ☐

Regional Function: ☐

Current Mental Health Training/ Competency:

Have you received training in the past as a (√ the option that apply)?		**Date:**
Mental Health First Aider:	☐	
Mental Wellbeing Champion:	☑	
Wellbeing Ambassador:	☐	

Please provide details of any other training around Mental Health you have undertaken in the past (e.g. TRiM, D&I Champion, MHFA Awareness, Managing Suicidal contacts course etc.)

Future Training/ Competency needs:

Would you be interested in training as a (√ the option that apply)

Mental Health First Aider: ☐

Wellbeing Ambassador: ☐

Why do you want to become a Mental Health First Aider/ Wellbeing Ambassador?

What qualities and skills do you have that would make you a good Mental Health First Aider/ Wellbeing Ambassador?

Which behaviours/requirements outlined in the job description below do you think will be the most difficult to exhibit and why?

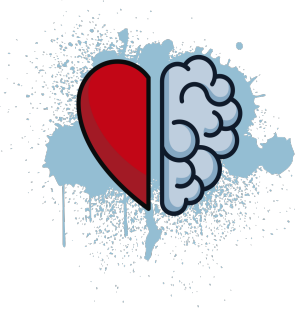
Your details will be kept in accordance with the Company's privacy policy and GDPR. It will be held securely and confidentially and will only be accessed by authorised personnel.

Declaration, I declare the information given on this form is correct. I can confirm that I have discussed this application with my line manager and have their support. I provided my Line Manager with the *Peer Support LM Recommendation form* to complete.

I understand in order for my application to be considered, I will need to return both forms to the 12in12@networkrail.co.uk email inbox.

Signed

Date



Peer Support Network

We are looking for individuals who are previously trained in or are interested in mental health and/or mental wellbeing to join the Southern region Peer Support Network. You can either apply to be a Mental Health First Aider or a Wellbeing Ambassador, detailed below is a brief description of the roles and responsibilities for each role. If required, appropriate training will be provided.

Mental Health First Aider	Wellbeing Ambassador
Identify the early signs of poor mental wellbeing in your team and provide a non-judgemental and empathetic "listening ear" to support colleagues.	Use knowledge of local area and teams, to **promote** initiatives from the H&W strategy to support their teams to achieve better physical and mental health
Have awareness of Network Rail Resources in order to effectively **signpost** to professional services and support.	**Role model** healthy behaviour and encourage and motivate colleagues to make lifestyle choices that will benefit their physical and mental wellbeing.
Raise awareness around mental health within your team, creating opportunities to start conversations	**Signpost** colleagues to available support and resources.
Use ALGEE to provide **Mental Health First Aid** to someone experiencing a mental health issue or crisis	Collate anonymised data around wellbeing conversations and activities to help identify trends
Record all MHFA interactions anonymously. (Date of intervention, name of MHFA volunteer, base location of MHFA volunteer, conversation trigger, signposted too)	Able to commit up to half day a period to this role (e.g. attend training and peer support meetings, opportunities to promote initiatives within their teams and have conversations)
Attended the **mandatory Mental Health First Aid England two-day course** and attend refresher training every three years	

