Peer Support Line Manager Recommendation Form (Form 2)

Fill in the details of the employee who is applying to be trained as either a *Mental Health First Aider/ Wellbeing Ambassador*

Name:	
Contact No:	
Email Address:	
Job Title:	
Depot/ Base:	
Department:	

Fill in the details of the Line Manager of the above employee

Name:	
Contact No:	
Email Address:	
Job Title:	

To select individuals who can carry out this role in an appropriate manner, without overstepping boundaries, their Line Manager's endorsement, and support around their suitability to carry out this important role for their team, is required.

Carefully review the three statements below. If you are able to endorse your employee's application, please tick each box and then sign and date this form.

☐ Mental Health First Aiders/ Wellbeing Ambassadors need to be approachable, excellent listeners, good communicators, empathetic, sociable, open-minded, non-judgemental, and able to maintain confidentiality.

☐ Mental Health First Aiders/ Wellbeing Ambassadors are not health professionals, the risk of having an individual who may overstep the boundaries (in other words act more like a counsellor/psychologist/dietician/doctor) can create significant and potential legal, implications for the business.

☐ Mental Health First Aiders/ Wellbeing Ambassadors will need their line manager's support to undertake activities linked to their role. This might equate to around two or three hours a period but could vary based on requirements.

Without your endorsement and support, your employee will not be able to undertake the responsibilities set out in the role description. Please review this now.

Signed: Date:



Please return this form with together with the Peer Support Application form to the 12in12@networkrail.co.uk mailbox.

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	

