

Position Description

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|---------------------------|---------------------------------------|
| Title | Mental Health and Wellbeing Volunteer |
| Reports to | Manager, MHWB |
| Direct Reports | None |
| Remuneration/Award | Not applicable |
| Location | Indooroopilly or Regional Location |
| PD Approved by | |

Who is Rural Aid?

Rural Aid is one of the largest rural charities in Australia. It was founded in 2015 on the back of the very successful “Buy a Bale” drought fundraising campaign of 2013. Funded by donations, the charity provides support and assistance to farmers and rural communities during times of natural disasters and supports the long-term sustainability of the agriculture sector.

Rural Aid’s **vision** is that farming and rural communities are safeguarded to ensure their sustainability before, during and after natural disasters. Our **mission** is to provide economic and empathetic support and assistance to rural communities impacted by natural disasters, through partnering with key stakeholders to deliver meaningful outcomes. Rural Aid **promises** to ensure donors’ money is used transparently to provide effective and timely assistance to those most in need.

What is important to us?

At Rural Aid our values guide our behavior and are the foundation for how we do business:

- Empathetic & compassionate (in everything we do and everyone we deal with);
- Transparent & accountable (being open, honest and outcomes focused);
- Supported & empowered (to achieve community and personal growth);
- Ambitious & adaptable (in order to find solutions to new and diverse challenges); and
- Commercially responsible (to ensure the long-term future of the charity).

Compliance with our Code WH&S policies and procedures and contributing to and promoting a safe and healthy work environment is paramount.

Role Objective(s)

- The primary purpose of the role is to assist the MHWB Manager and team by providing essential support to individuals experiencing mental health challenges within the communities served by Rural Aid. Volunteers will assist in various capacities to enhance the wellbeing of farmers and rural communities, promoting mental health awareness, and contributing to the overall mission of Rural Aid.
- As a volunteer with the mental health and wellbeing team, you'll play a crucial role in supporting the wellbeing of farmers and rural communities. Your responsibilities may include providing emotional support, assisting with outreach programs, organising support groups, and participating in community events. Through your dedication and empathy, you'll help address the unique mental health challenges faced by farmers, fostering resilience and promoting positive mental health practices within agricultural communities.

Key responsibilities

Role may include focus on:

- providing empathetic and non-judgmental support to individuals accessing the mental health and wellbeing team by supporting intake and outgoing calls to farmers
- assisting the organisation and facilitation of mental health school programs including Mustering Growth
- contributing to the promotion of mental health awareness and stigma reduction efforts by attending community awareness and engagement events
- assisting the mental health and wellbeing team in working with other Rural Aid teams to support disaster assistance activities and events
- supporting assistance with Rural Aid community development workshops and activities
- maintaining confidentiality and upholding professional boundaries in all interactions with service users and colleagues
- assisting Rural Aid in delivery of established strategic plans and objectives

Qualifications & Experience

It is expected that suitable applicants for this role will have relevant, practical experience across the range of responsibilities. As part of this experience:

- A background in counselling, mental health, social work, or related field would be advantageous but is not mandatory
- Previous experience in a helping or caring role, such as volunteering in a community organisation or healthcare setting, or providing peer support
- Effective stakeholder relations, including with management of external and internal stakeholders and fellow staff
- Relevant training in an area of mental health education eg Mental Health First Aid, The Accidental Counsellor
- Experience supporting and facilitating groups
- Experience living and/or working with farmers and/or in rural communities

Ideal personal attributes:

- Strong team player
- Flexible and adaptable attitude
- Effective communication skills, including active listening and conveying information clearly and sensitively
- Strong organisational and time management skills with the ability to manage conflicting priorities
- High attention to detail
- Customer service focus – internal and external
- Capacity to travel to regional/rural locations, including current open drivers license

Mandatory requirements

- Police Check
- WWCC