



inspired
minds

JOB DESCRIPTION

SUPPORT WORKER

Inspired Minds

Who We Are

Inspired Minds is a grassroots charity that was founded in 2014 to bridge the gap in the understanding of mental health within and between our communities. To achieve our mission and vision, our approach is 2-pronged. We provide critical support and counselling services for both Muslim and non-Muslim clientele alike; recognising cultural, spiritual and Islamic needs. We also actively raise awareness on a variety of issues experienced within our communities, which is informed by the field-based research that we conduct to further our understanding.

Our Vision

We are passionate to build a society where people experiencing mental health challenges can receive understanding, recognition and are empowered to live a fulfilling life.

Our Mission

We are an Islamic grassroots charity that raises awareness and provides support from a faith-based and culturally-sensitive perspective, to those affected by mental health challenges.

Our Values

Our core values form the foundation, beliefs and principles that lie at the heart of our organisation.

Islamic

We are inspired, anchored and guided by our faith, which illuminates what we do.

Compassionate

We attend to the needs of every person with sensitivity, empathy and kindness.

Ambitious

We are determined to go the extra mile and make a lasting difference.

Respect

We treat one another with dignity, honesty and understanding; valuing differences and all contributions.

Excellence

We continuously learn, improve and strive to be the best in everything we do.

Support Worker JD

- **Job Title:** Support Worker
- **Team:** Support
- **Required Hours:** 5 hours per week
- **Availability:** Volunteers must attend quarterly IM team meetings (January, April, July and October, all are online, but we aim to have some face to face events every year), monthly team meetings (which usually last up to 2 hours) and supervisions with their manager.
- **Position:** Voluntary
- **Duration:** Permanent
- **Purpose:** The Support Worker will work with clients referrals and work to develop our Support Groups and Ask IM services.

Role Responsibilities

- Liaise with clients who contact us for Counselling and Support.
- Assess new referrals for suitability of our Counselling Service.
- Refer clients to external services when necessary.
- Provide feedback of progress and updates of clients to the Counselling and Support Manager.
- Support the development and delivery of our anonymous Q&A service Ask IM.
- Support Counsellors with the delivery of our Support Groups service by planning and co-facilitating groups.
- Maintain the privacy and confidentiality rights of each client.
- Raise any concerns with the Counselling and Support Manager immediately.
- Work with their team and line manager to achieve frequent, timely and positive outcomes.
- Maintain a high degree of professionalism, privacy and confidentiality at all times.
- Work respectfully and cooperatively with colleagues, taking on board suggestions and recommendations.
- Participate and take on any further tasks in relation to the post, which may benefit Inspired Minds.

Essential Requirements

- Degree in Psychology
- Experience working with those with mental health illnesses in a professional environment.

Benefits

- Be at the forefront of Muslim Mental Health in the UK being part of one of the UK's largest Muslim Mental Health charities.
- An immensely rewarding role, providing many opportunities for personal growth and development.
- Gain experience working in a diverse and supportive team.
- Invited to exclusive Inspired Minds events, internal training and skills development.
- Be the first to hear about our upcoming opportunities and projects.
- Gain experience in providing primary support to Muslims who struggle with their mental health.