

## **Step Up Universities: Information for Facilitators**

We are currently recruiting 12 Student facilitators to deliver mental health workshops at University College London.

Step Up: University is a four-year (2018-2022) co-production project funded by The City Bridge Trust and run by Rethink Mental Illness. The project aims to improve university student mental health across the City of London.

We are working with Universities, Students Unions and Student Groups to create and deliver workshops by students, for students.

### **What is Step Up?**

Step Up is a project that aims to improve student mental health across the city of London. The aim is to work with students to co-produce and create engaging and meaningful workshops to teach other students about mental health.

### **What is co-production?**

In the case of this project, co-production means that the workshops are created by students about topics that you care about. You will work alongside Rethink who will offer training, advice, guidance and resources to help you build a set of workshops that you are confident to deliver to your peers.

### **What training do I get?**

You will receive our online Mental Health Awareness and Facilitator training on December 3rd which will cover things from stigma to disclosure to easy coping techniques.

### **What commitment do you need from me?**

You will need to attend a 4-hour afternoon workshop online, and then a co-production / facilitation workshop that will run for about 1 hour. After that, it's up to you. Along with your Students' Union and fellow facilitators, you will set up your own workshops.

### **Do I get paid?**

You won't get paid for attending the training or the co-production day, but if you go on to deliver workshops you will be paid a flat rate of around £50 per workshop.

### **You'd be a great Step Up Champion if you are:**

- Interested and passionate about mental health
- Keen to work alongside fellow Champions, and find creative ways to promote workshops
- Able to relate to others, while maintaining your own boundaries
- Able to keep in regular contact with Step Up staff team and co-facilitators
- Available to attend a Training Day on Friday 3rd December, 10-4pm (online)
  - *If you can't make this date please apply and let us know - we can try and sort something out.*

**How do I get involved?**

To get involved, fill out the application form at <https://www.surveymonkey.co.uk/r/62G5JW9> by 24th November 2021.

**Access:**

We actively seek to make our programme accessible, for both our Champions and workshop attendees, and will be happy to discuss any adjustments you may need to be able to participate in the way that works the best for you.