**An Exciting Opportunity at CPSL Mind:**

Cambridgeshire, Peterborough and South Lincolnshire (CPSL) Mind is a progressive and expanding mental health charity. Our vision is a society in which everyone has positive mental health and feels part of a connected community.

 

**Crisis Recovery Worker**

**42 hours per fortnight**

**Salary Scale Point 19 £29,347.00 pa FTE**

**Including 1 point for anti-social hours**

**Based in Peterborough**

**With occasional travel to Cambridge**

The Sanctuary is a non-clinical, safe space for individuals to visit as an alternative to attending A&E and is part of the wider First Response Service across Cambridgeshire and Peterborough.

We are looking for part-time Crisis Recovery Workers to join our team!

If you are interested in this exciting opportunity and you are able to meet the criteria detailed below, please apply!

Working one to one (either face to face, over the telephone, or on video call) you will support individuals experiencing mental health distress by:

* Establishing connection and rapport in a non-intrusive, non-judgmental and compassionate manner
* Supporting individuals through guided self-help strategies including grounding, breathing techniques.
* Supporting individuals to relay their immediate needs and concerns and offering emotional and practical support and information to address these.
* Provide individuals with information on and how to connect with social support networks available to them in their own community.
* Supporting individuals to make a safety plan

Crisis Recovery Worker criteria:

* You must be able to show empathy and compassion with a non-judgemental approach
* You should be passionate about promoting positive mental health and have excellent verbal communication and listening skills.
* You should be able to manage professional boundaries

***CPSL Mind is an equal opportunities employer and welcomes applications from all sections of the community.***

To apply, please visit our website: [www.cpslmind.org.uk](http://www.cpslmind.org.uk) to download a CPSL Mind Application Form and Equality & Diversity Monitoring Form

When complete, please email both documents to hellohr@cpslmind.org.uk

If you require further information please contact hellohr@cpslmind.org.uk

We actively monitor applications for employment and will shortlist and

arrange interviews for this role as applications are submitted.