

Open

Mental
Health

Open Mental Health

Volunteer Passport



Welcome to Open Mental Health

When you sign up as a volunteer with any of the Open Mental Health partners you join the wider Open Mental Health network.

You become part of the alliance of people and organisations across Somerset with a common ambition - to work together to remove barriers & ensure that people struggling with their mental health get the right support for them when they need it most.

The Open Mental Health network currently includes:



Open Mental Health partners create volunteer roles where each person makes a unique contribution to the team – helping to achieve the bigger project goals while supporting people improve their own mental health and wellbeing.

The Open Mental Health volunteer passport confirms your role within the wider ecosystem and provides you with recorded evidence that, whatever you are doing, you have gained the required knowledge, understanding and confidence to do it.

Although there are differences between volunteer roles, some are more complex than others, the core induction topics are the same across the partnership and all Open Mental Health passport holders will have covered them to the right level needed for their role.

Your learning record can be updated on this passport as you acquire new knowledge & skills.

It'll look good on a CV and might help you with a college application or finding work in health & community settings.

Your Open Mental Health volunteer passport belongs to you and moves on with you, whether you take on another role in Open Mental Health or elsewhere in the wider community.

Volunteering is good for our personal health & wellbeing and for our communities – it's a good fit with the Fiveways to Wellbeing.

Welcome to Open Mental Health



Open Mental Health Volunteer Passport

Learning Record

Name

Volunteering Role

Date Started **Date Finished**

Volunteering Role

Date Started **Date Finished**

To get your Open Mental Health Passport, please complete the learning record as you prepare for your new volunteer role.

You can then collect your passport certificate and badge from your volunteer coordinator.

Learning Topic	Outcomes	Date & Brief Details
Open Mental Health Video	Introduction to the Open Mental Health alliance (OMH).	
Open Mental Health alliance	<ul style="list-style-type: none"> • Understand the OMH alliance ecosystem. • Know who the main partners are and understand their specialist services. • Know where your organisation fits in to Open Mental Health. • Know about the associates and OMH funding grants for other voluntary groups in Somerset. • Know how people can access OMH services. • Know about warm transfers, no referrals and OMH locality hubs. 	
Co-production	Know that OMH has embedded co-production and the voice of lived experience throughout the partnership – it's a collaboration of VCSE, statutory colleagues, Experts by Experience.	

Learning Topic	Outcomes	Date & Brief Details
Volunteer Video	<ul style="list-style-type: none"> • Know how volunteering fits into the OMH ecosystem. • Know how people can use their personal lived experience in OMH volunteer roles and the other roles. 	
Peer Support	<ul style="list-style-type: none"> • Know about the WATCH Peer Support Foundation Course. • Understand the principles of Peer Support. • Be aware of the range of peer support volunteer roles in OMH. 	
Professional Boundaries	<p>Know & understand the limits of your volunteer role.</p> <ul style="list-style-type: none"> • Professional Relationships. • Conduct. • Values. • Gifts. 	
Safeguarding Children	<p>Recognise a child at risk & know how to report concerns.</p>	

Learning Topic	Outcomes	Date & Brief details
Safeguarding Adults	<ul style="list-style-type: none"> • Know your safeguarding responsibilities & how to raise a concern. • Recognise an adult at risk. • Recognise the types of abuse, who might abuse & where it might take place. • Know what you must do & not do. • Know what you need to record • Know who to contact. • Have a good understanding of the specific safeguarding concerns re: Mental Capacity Act, Prevent, Deprivation of Liberty, Domestic Violence, FGM, Human Trafficking & Modern Slavery. 	
Confidentiality, Consent & Information sharing	<ul style="list-style-type: none"> • Understand principles of confidentiality. • Understand the importance of obtaining consent to share information. • Know when it is ok to disclose personal information to a second party. 	
Data Protection & GDPR	<ul style="list-style-type: none"> • Understand the principles of GDPR • Understand your responsibilities within your role. • Know what to do in the event of a breach. 	

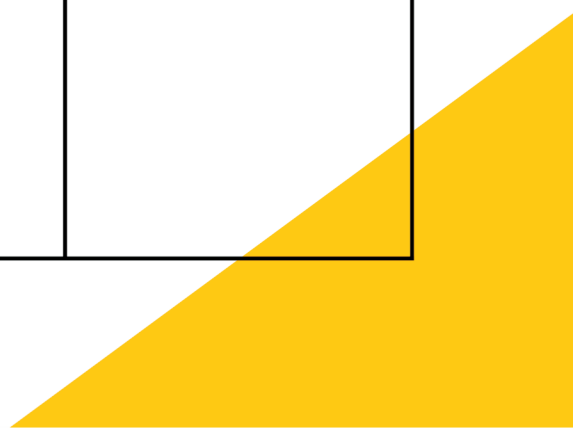
Learning Topic	Outcomes	Date & Brief Details
Health & Safety	<ul style="list-style-type: none"> • Understand the basic principles of Health & Safety legislation. • Know your rights & responsibilities re Health & Safety for your role. • Understand & use Risk Assessments. 	
Equality, Diversity & Inclusion (EDI) & Intersectionality	<ul style="list-style-type: none"> • Know & understand the main principles of EDI legislation • Know your rights and responsibilities relating to EDI. • Understand the principles of intersectionality. 	
Unconscious Bias	<ul style="list-style-type: none"> • Understand the concept and recognise situations where it is in play. • Know how to address it. 	
Mental Health Awareness	<ul style="list-style-type: none"> • Understand the complexity of Mental Health issues. • Know & understand the most common MH conditions. • Know where to signpost people for help & support with their mental health. • Know about Peer Support. • Know about Recovery & Wellbeing pathways. • Suicide prevention. 	

Learning Topic	Outcomes	Date & brief details
Stigma & Discrimination	<ul style="list-style-type: none"> • Recognise the concept. • Understand the consequences for people who experience it. • Develop confidence to challenge it when you see it. 	
Personal resilience & self-care	<ul style="list-style-type: none"> • Be able to protect yourself and maintain your personal resilience. • Know who to contact for support if you need it. 	
Specialist learning programme depending on organisation & role		

We hope you enjoy your time volunteering with Open Mental Health, thank you for joining us.



Learning Topic	Outcomes	Date & Brief Details





openmentalhealth.org.uk

