



Is working at Pentreath right for you, right now?

Our client group, both adults and young people, live with mental ill health and emotional difficulties, including complex needs, trauma, crisis and suicide.

We recognise that that trauma is common and that people accessing services and people delivering services may be affected by trauma.

As part of our developing trauma informed framework, the aim is to avoid re-traumatisation, which is the re-experiencing of thoughts, feelings or sensations experienced at the time of a traumatic event or circumstance in a person's past. Re-traumatisation is generally triggered by reminders of previous trauma which may or may not be potentially traumatic in themselves.

We encourage you to consider your own emotional wellbeing, resilience and workforce readiness, particularly if you have lived experience. Lived experience means you have knowledge and understanding of mental ill health and trauma gained through first-hand experience, or through a close family connection in your immediate day to day life.

Many of our team have lived experience and our Peer Mentor roles are designed specifically for individuals with lived experience, whereby they offer support and inspiration to others by sharing their own valuable experiences of overcoming challenges, and how they continue to move forward in their journey of recovery.

Whilst you will be given training, **please consider the following** before you apply for a role:

- What is your motivation for being involved in this work?
- What impact does talking and listening about crisis, trauma and suicide have on you mentally and emotionally, and how do you manage this?
- Are you aware of any words, conversations, or triggers that might affect you?
- Are there any times or dates when you feel more vulnerable?
- What self-care practices do you have in place to nurture yourself when you are feeling vulnerable?
- Do you have a support network or someone in your life that you can turn to when needed?
- Do you feel ready for the next step in this process, and do you have any concerns?

We thought it might be helpful for us to share **some of the signs that we think demonstrate you are ready to work at Pentreath:**

- You are ready to be part of a trauma informed organisation
- You are ready to hear different perspectives and experiences of mental ill health and emotional difficulties including crisis, trauma and suicide, and you have considered the emotional and mental impact of supporting this work and the resilience required
- You are happy to be part of an organisation with staff and service users from a diverse range of backgrounds, experiences and viewpoints
- You feel ready to influence change in the attitudes and opinions of others, and understand you may also experience changes to your own views
- You feel able to tell us if any part of the role is negatively affecting your wellbeing
- In addition, if you have lived experience:
 - You are at a point in your life, emotionally and mentally, where being involved in this work is unlikely to set back your own healing, and feel able to take a step back if that changes
 - You have allowed adequate personal healing time and involvement in our work feels like a positive and rewarding opportunity
 - You have talked it over with someone you trust who knows you well; a loved one, family member or friend, and their reflections and support have helped you understand this is the right decision for you
 - You understand your own triggers, have things in place to support you when you are feeling vulnerable, and you also know when you need to reach out for more support
 - You are doing this for you! You are gentle with yourself because of the healing that has taken place so far

Thank you for taking the time to consider your readiness 😊

If you have considered all these points and feel ready to be involved in our work, we welcome you to proceed to the next stage of the application process.

If you don't feel quite ready or you are unsure, we encourage you to take all the time you need and thank you for your careful consideration and your interest in our work.

Mental Health Support

- ☆ **Cornwall and Isles of Scilly 24/7 NHS mental health response line on 0800 038 5300.** It's free to access by anyone, any age, any time, day or night.
- ☆ **Cornwall Council** provides useful links to a range of mental health service and support in Cornwall <https://www.cornwall.gov.uk/health-and-social-care/mental-health/mental-health-support/>
- ☆ **SilverCloud** offers secure and immediate access to a range of mental health and wellbeing programmes using your computer, tablet, or mobile phone <https://www.cornwallft.nhs.uk/silvercloud>
- ☆ **Samaritans** provides confidential emotional support 24/7
Helpline – 116 123
Email – jo@samaritans.org