

Mental Health Officer

The Role:

The Mental Health Officer is elected to represent the mental wellbeing of all students. It is a voluntary role, and the successful candidate will carry out the role alongside their studies. All elected officers will be given training and support to carry out their role, so no previous experience is needed.

The Mental Health Officer will:

- Represent the mental wellbeing of all students
- Raise awareness and promote the interests of the students they represent
- Lobby for changes across the university
- Plan and run campaigns
- Serve as president of the Mental Health Network
- Engage in the Students' Union's democratic processes
- Attend Students' Union meetings and regularly liaise with key staff

Skills you will develop:	Opportunities and benefits:
<ul style="list-style-type: none">• Leadership• Communication• Organisational skills• Listening and interpersonal skills• Lobbying• Teamwork• Project planning experience• Campaign planning and implementation	<ul style="list-style-type: none">• Internal training from the SU• Support and mentoring from SU staff• Something great to put on your CV• Meeting new people• Becoming more involved with the SU• A chance to make a real difference to the student experience

Eligibility:

To be eligible to stand for this role, you must be a student of Cardiff University, and a student at Cardiff University for the duration of the role (from 1st July 2026 to 1st July 2027).



Expectations:

The successful candidate is required to demonstrate sufficient engagement with the role. Campaign Officers are asked to regularly check their emails and communicate with us and be enthusiastic towards the role. Additionally, there is a set of requirements which Campaign Officers are expected to complete throughout the year. These include, but may not be limited to:

- Attend training with the Students' Union
- Attend Student Senate
- Provide accountability updates at Student Senate
- Provide additional accountability updates throughout the year
- Attend the Annual General Meeting
- Attend Officers' Executive Committee meetings
- Run network elections
- Run an individual campaign

How to Nominate:

Nominate yourself [here](#).

More information can be found on the Students' Union Website [here](#).

If you have any questions, please contact the Elections Team at elections@cardiff.ac.uk.



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