



Cardiff Students' Union  
Undeb Myfyrwyr Caerdydd

## Mental Health Officer

### The Role:

The Mental Health Officer is 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 change across the university
- Plan and run campaigns
- Attend Students' Union meetings and regularly liaise with key staff

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

### Eligibility:

If you are a student at Cardiff University, you are eligible to stand in the Students' Union elections. This includes undergraduates as well as all part-time students, mature students, postgraduate and research students, and international students.

**Nominate yourself:** [cardiffstudents.com/elections](http://cardiffstudents.com/elections)

For more information please contact the Elections Team on [elections@cardiff.ac.uk](mailto:elections@cardiff.ac.uk).



The heart of Cardiff student life  
Calon bywyd myfyrwyr Caerdydd