



Support Squad Volunteer

Responsibilities

Support Squad members are provided education to receive level I Mental Health First Aid accreditation, providing them the skills to become a trusted face within their community Rugby League clubs and a voice for those within our game to talk to.

Duties

- Representing our brand in a positive and professional manner on WhatsApp groups, social media and when attending any community Rugby League venues in your support squad role
- Supporting other Support Squad members to debrief and provide emotional support to members if necessary
- Liaising with the QRL Wellbeing Operations Manager in respect of difficult or emergency situations
- Attending Support Squad meetings whenever possible around your work commitments
- Understanding the important factors affecting mental health
- Identifying the signs and symptoms for a range of mental health problems and refer to appropriate support service
- Being able to maintain confidentiality (as appropriate) and treat all matters sensitively and privately
- Use the ALGEE® Action Plan to provide Mental Health First Aid to someone experiencing a mental health problem or crisis
- Listening non-judgementally and hold supportive conversations about mental health problems
- Guiding a person towards seeking appropriate professional help, as your role as a Support Squad member does not replace the need for ongoing support
- Identifying any urgent risk and contact emergency services immediately
- Taking measures of self-care to ensure your own wellbeing is in a good state to provide support for others
- Maintaining your Mental Health First Aider accreditation in accordance with Mental Health First Aid Australia
- Registering with Queensland Rugby League as a volunteer annually.

Please note – you are not responsible for providing a mental health diagnosis, or counselling practices