



## ICAS MENA Mental Health Ambassadors Guidelines for Participant Selection

### General Guidelines for Participant Selection:

- We want to recruit Mental Health Ambassadors that are passionate and committed to making a positive change in their organisations. Therefore, it's ideal if the organisation asks for employees and managers to volunteer for the role of becoming Mental Health Ambassadors.
- If participants have not volunteered, and been nominated, then they should fully understand the purpose of the training and embrace their responsibilities as Mental Health Ambassadors.
- Participants should ideally show a keen interest in the area of mental health and wellbeing and be eager to learn.

### Considerations for the Organisation:

- Having your employees and line managers get their certifications in i-act will arm them with knowledge to support their colleagues and tools to make a positive impact on your organisation. However, it is up to the organisation to empower their Mental Health Ambassadors to execute on their roles effectively.
- We encourage organisations to formalise the Mental Health Ambassador role as part of their wellbeing programme / policy.

### Character Traits of an Ideal Mental Health Ambassador:

- Approachable
- Trustworthy
- Non-judgemental
- Good listener
- Ability to reach out and connect with others
- Empathetic
- Good communication skills
- Open minded and eager to learn
- Wants to make a positive impact
- Make time for the wellbeing agenda

