



Louisa Mace

Current Job Role: Training and Events Officer - Guernsey Mind

Brief descriptive snapshot of this role?

I work alongside Jo Cottell on the Workplace Wellbeing Guernsey Service, going into companies big and small to help educate and support staff in their knowledge of looking after their mental health. I also organise and instruct the Mental Health First Aid courses, which range from a 2-day, 1-day, ½-day and Refresher course. I recently took on the Express Yourself campaign, which runs in partnership with the Guernsey Arts Commission and School of Popular Music and aims to encourage people to express themselves creatively.

What has been your journey into this role?

Most of my career has been in PA type roles, until I spent some time living in Singapore where I volunteered for a charity. It was this time that I really saw what a difference you can make to people's lives, by being there and supporting them. After having 3 children I wanted to return to work, in a capacity that let me support people in some way, luckily the role at Mind came up and I started working in 2018.

Key skills & qualities for this role?

Being organised, calm and able to communicate with people, remembering that communication means listening as well as talking. Also having fun.

How does this role interact across the SOG and other external agencies?

We work with the States and other charities as we are all supporting people in different ways.

Why is this work important to you?

I've had my own mental health issues and found that once I started talking to my friends, we all have our own things going on but sometimes feel afraid to discuss them. I'm so pleased that people are now more aware about how mental and physical health is linked and want to continue to raise awareness.

If you would like to find out more about getting into a career in Mental Health, contact a Careers Adviser at careersguernsey@gov.gg