



Grace Lindsay

Current Job Role: Emotional Health and Wellbeing Worker - Youth Commission



Brief descriptive snapshot of this role?

The majority of my role is to support children and young people on a one-to-one basis providing emotional health and wellbeing support. I work with children and young people aged between 11-18, by being there to listen and support them in areas which they feel they need some support with.

What has been your journey into this role?

I studied a psychology degree through the Open University and whilst doing this I completed some training in Bereavement which led me to volunteering with the Youth Commission's Sunflower Project. I volunteered for around a year and a half before being offered a job and my journey progressed from there! I'm now in the final year of a Counselling qualification and have enjoyed continuing my professional development whilst continuing to work with young people.

Key skills & qualities for this role?

The most important thing for me is passion, I believe that if you're really passionate about supporting others and working with people, then you can bring something to the role. Of course there are some skills which are essential, such as being a good listener, having patience, good communication skills and good time management. Some qualities which we always look for when we're recruiting new staff or volunteers are; kindness, compassion, dedication and commitment. You also need to be prepared to be flexible! Our service is centred around the young people we work with and so it's important to be flexible around their needs.

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

The Youth Commission works in collaboration with other agencies and teams in order to provide an effective service for children and young people. This means that we work with partner agencies in order to provide the best support possible for young people.

Why is this work important to you?

I absolutely love my job, I feel so privileged to be able to work with amazing children and young people and to be in a position where they share their stories with me. I also feel so grateful to work alongside such a passionate and dedicated team who are all committed to providing such an important service to young people.

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