



**Name:** Lisa Millan

**Current Job Role:** Co-ordinator - Alderney Mind

**Brief descriptive snapshot of this role?**

I am the Alderney Mind Co-ordinator and only person employed by Guernsey Mind in Alderney. I work alongside Guernsey Mind very closely to provide mental health wellbeing on the island. Alderney has a small population of around 2,500 people and it has always been tough for people to seek help for mental health but thanks to Guernsey Mind we now have an amazing Wellbeing Centre in the heart of the town in which we can hold social meetings, a place to talk and a place to be heard. I look after the general running of the centre along with our amazing team of 17 Mental Health First Aiders who host weekly drop-in sessions where they can sign-post people to the services available to them if needed. I also deal with the social media and advertising for Alderney Mind.

**What has been your journey into this role?**

I have lived most of my life in Alderney and I have always been passionate about mental health so over the years seeing there was nothing here for anyone encouraged me to get involved. When I first heard that Guernsey Mind were setting up an Alderney Mind here I contacted them and it has gone from there. I have always enjoyed working with people and now being able to do that as well as helping them is a dream come true. If I could get involved the way I am now then anyone who cares can.

**Key skills & qualities for this role?**

Being able to just listen and not always give guidance, knowing what is available to people so keeping up to date with local groups etc, knowing how to look after your own mental health it is important you know how to unwind and separate yourself from the job and getting along with your team, we are lucky we have such a great group who look after each other and offer a lot of support.

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

Being in Alderney we are still under the SOG jurisdiction so we have their full support. We have a lot of local support from general shops to local charities who often refer people to us.

**Why is this work important to you?**

This work is important to me because I believe in it. I believe we need to change the face of mental health to make it more acceptable, we need to provide more support and ensure people can access it quickly and efficiently. I have seen different sides of mental health and being able to even make a small difference is important to me.

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



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