

INFORMATION PACK









Lifestyle Support Worker - Casual



mental health
foundation
ACT

Position Overview

	Job Title	Lifestyle Support Worker
	Location	Canberra
	Job Type	Casual
	Reports to	NDIS Manager
	Direct Reports	None
	Closing Info	30/04/2025

We understand life sometimes throws people challenges. We exist to help them through.

MHF provides community based health support services directly and through partnerships with the public health system, primary health providers, other community organisations and the NDIS. The services we provide are:

- Accommodation services for people facing mental illness
- Support work
- Capacity building, prevention and recovery
- Counselling through Clear Path Counselling Service

Our vision is that Canberrans and the surrounding community live with hope, choice and good mental health.

This is achieved using a recovery framework, a personal journey toward the achievement of holistic wellbeing.

Working with MHF, whether as a staff member or a volunteer is a rewarding experience that enables you to excel in your role. We value continuous improvement and strive to make the organisation a little bit better each day. We have a culture that we are proud of, a culture that puts the people we are here to serve at the forefront of everything we do.

Key Working Relationships

People in the care of MHF; their carers / guardians; MHF Staff and Volunteers; Referrer Agencies.

Duties and Responsibilities

MHF runs a vibrant and client focussed support service and if successful, you will be joining a dedicated and cohesive team.

This role will see you:

- Be considerate of the rights and needs of participants in their homes
- Provide support to people living with mental illness
- Identify and report significant and notable changes in the needs of people living with mental illness and ensure that a record is prepared after each activity or appointment
- Develop supportive and empowering relationships with people living with mental illness, their families and carers
- Work as a member of the team sharing relevant knowledge and experience

This role will be attractive to students studying social work, counselling, or a certificate in community or mental health who is seeking to build their practical experience.

Essential

- You must be over 18
- You must be able to demonstrate an eagerness to work in the mental health sector

- You must be able to provide daytime shifts, evening shifts and overnight inactive shifts

Desirable

- Experience working with the NDIS Framework
- Excellent written and verbal communication skills

This role may involve working from home, so access to suitable computer equipment and internet will be required.

MHF Lifestyle Support Worker Career Pathway

MHF offers a career pathway opportunity with additional training and experiences that will help you build your skills in this area. The pathway is not compulsory, but will enable you to progress rapidly through the pay grades in the SHADS Award.

Hours of Work

This is a casual position and hours will be rostered as required. We will work with you to coordinate your hours around your other commitments. We aim to provide as many hours as we can.

Pre-Engagement Checks

As MHF's work involves staff being in direct contact with vulnerable people, all staff, whether paid or unpaid are required to complete a Working with Vulnerable People check with NDIS Screening

MHF will conduct at least two reference checks on successful applicants and may also require proof of any professional qualifications stated on an application.

General Information

All staff, whether paid or unpaid are required to adhere to MHF's Code of Conduct and Organisational Policies during the course of their engagement.

MHF acknowledges Aboriginal and Torres Strait Islander peoples as Australia's First Peoples and sovereign custodians of this land. We pay our respects to Elders past, present and emerging.

MHF also acknowledge the individual and collective expertise of those with a living or lived experience of mental health. We recognise their vital contribution at all levels and value the courage of those who share this unique perspective for the purpose of learning and growing together to achieve better outcomes for all.

We are committed to the safety and wellbeing of people of all ages. We welcome all people irrespective of ethnicity, lifestyle choice, faith, sexual orientation and gender identity.