



PERSON SPECIFICATION – BEFRIENDER

Essential	Advantageous
<p><u>Skills</u></p> <ol style="list-style-type: none"> 1. Able to work alone 2. Ability to recognise and respect other people's boundaries 3. Ability to recognise and apply own limits and personal boundaries 4. Ability to make use of support and supervision 5. Good communication/interpersonal skills 6. Commitment to ongoing development and training 7. Commitment to provide feedback on the befriending relationship 8. Commitment to work within organisational boundaries 	
<p><u>Values</u></p> <ol style="list-style-type: none"> 1. Accepting person for who they are – being non-judgemental 2. Respecting others as being of equal worth 3. Respect others choices, lifestyles and rights 4. Not imposing own values and beliefs 5. Appreciating differences (e.g. race, culture, gender, etc) 6. Able to view someone as a person, not a stereotype 	

Essential	Advantageous
<p><u>Personal Qualities</u></p> <ol style="list-style-type: none"> 1. Flexible approach to working 2. Conscientious and self motivated 3. Warm and encouraging 4. Interested in helping other people 5. Able to use initiative and common sense 6. Reliable and honest 7. Able to maintain confidentiality 8. Able to keep calm in stressful situations 9. Empathetic and understanding attitude 10. Willingness to learn 	<ol style="list-style-type: none"> 1. Can work unsocial hours 2. Clean driving licence and access to a car
<p><u>Knowledge/Understanding</u></p>	<ol style="list-style-type: none"> 1. Understanding of the concept of befriending 2. Knowledge and understanding of issues faced by people with mental health problems 3. Understanding of statutory and voluntary sector provision in the mental health field
<p><u>Experience</u></p>	<ol style="list-style-type: none"> 1. Previous voluntary experience 2. Mental health awareness



Mental Health Aberdeen

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