**JOB DETAILS**

Title: Project Officer Mental Health (EU4Health)

Duration: Short term contract April 2025-July 31, 2025

Job Family: Co-ordinator

Salary: € 35,957 full time equivalent

Reporting to: EU4Health Project Manager, Irish Red Cross

**BACKGROUND INFORMATION**

The Irish Red Cross Society (IRC) is part of the world’s largest independent humanitarian network, the International Red Cross and Red Crescent Movement. The IRC is committed to and bound by, its Fundamental Principles of Humanity, Impartiality, Neutrality, Independence, Voluntary Service, Unity and Universality. The vision of the Irish Red Cross is to be a leading humanitarian organisation, providing impartial services and support to vulnerable communities both at home and abroad. Our mission is to identify and deliver humanitarian assistance to those who are most in need.

**SUMMARY OF ROLE**

Throughout the Ukraine crisis, the Irish Red Cross has been steadfast in its commitment to supporting Ukrainian individuals who have sought refuge in Ireland. Since 2022 the Irish Red Cross has emerged as a vital mental health service provider for Ukrainians in Ireland, demonstrating a strong commitment to Mental Health and Psycho Social Support. A continuum of mental health supports are provided by Irish Red Cross including:

* **Narrative exposure therapy** targeting those with trauma symptoms . It supports people who have trauma symptoms to tell their story in their own words. Often memories and timelines are affected by trauma. narrative exposure therapy is a technique that helps the client to piece together and re-order their memories and its impact. Clients learns the technique of how to apply it into the future
* **Psychological first aid,** the first line community response. This is a simple, yet powerful way of helping someone in distress. It is a form of helping that involves paying attention to the person’s reactions, active listening and if relevant, practical assistance to help address immediate problems and basic needs. Learning PFA skills and understanding reactions to crises empowers the helper not only to help others, but also to apply the same skills to their own crises

* **Self-Help Plus** a World Health Organization programme that supports adults who experiences stress, wherever they live and whatever their circumstances. It has been shown to reduce psychological distress and prevent the onset of mental disorders. The format of SH+ makes it well-suited for use alongside other mental health interventions, as a first step in a stepped care programme, or as a community intervention delivered alongside broader community programming.
* **Problem Management** Plus has been developed by the World Health Organization in such a way that they can help people with depression, anxiety and stress, whether or not exposure to adversity has caused these problems. The support can be applied to improve aspects of mental health and psychosocial well-being no matter how severe people’s problems are.

The successful candidate will be trained to deliver psychological first aid, Self Help Plus and Problem Management Plus. Supported with funds from EU4Health, their role will not involve Narrative Exposure Therapy.

**ROLE RESPONSIBLILTIES**

* To work with the EU4Health Project Manager and relevant colleagues across the team to deliver a package of mental health supports to Ukrainians and front line staff who support Ukrainians in Ireland.
* To work with the Mental Health Promotions Officer to Ukrainians who would benefit from participating on one of the programmes.
* To deliver training to frontline community workers and those in government agencies supporting Ukrainian integration
* To capture impact of intervention through baseline, and endline and to ensure pre and post surveys are completed and routinely analysed.
* To support the overall administration of the EU4Health project via project administration (financial and narrative), as well as coordination of administrative needs e.g. training, event organisation
* To stay up to date of best practice and emerging research from IFRC on mental health supports
* To fully support the Project Manager in relationship building with key internal community organisations and front line staff of organisations who support Ukrainian integration in Ireland.
* To assist in the preparation of reports for the Project Manager and other staff as agreed

**ROLE REQUIREMENTS**

**Essential Criteria**

* Ability to work both independently and collaboratively within a dynamic multidisciplinary team
* Develop reports suitable for different audiences at various levels and functions.
* Personal Attributes: Cultural sensitivity and experience working in diverse, multicultural environments
* Minimum of 3 years' experience
* A recognised qualification in a related discipline.

**Desirable Criteria**

* Experience in a community organization or an international aid charity that supports those affected by conflict.
* Experience delivering Psychological First Aid is a distinct advantage
* Experience in coordinating EU-funded projects, particularly EU4Health initiatives
* Commitment to the IRC’s social mission and values, with a solution-oriented approach.

**FURTHER INFORMATION**

The Irish Red Cross offers the following benefits in addition to salary

* Closure of the office on Good Friday, plus two additional ‘privilege days’ to be used at Easter and Christmas respectively.
* Flexible working hours, including opportunities for hybrid working.
* Further education, training and learning supports
* Professional subscriptions (as applicable)
* Travel (bike-to-work schemes/tax saver commuter tickets)

The Irish Red Cross is an equal opportunities employer. We value diversity and aspire to reflect this in our workforce. We welcome applications for people from all sections of the community, irrespective of gender, civil status, family status, sexual orientation, religion, age, disability, race or membership of the Traveller community. **This role requires applicants to have the right to work in Ireland**.

This role is supported with funding by the European Union. The EU4Health is a funding program initiated by the [European Union (EU)](https://en.wikipedia.org/wiki/European_Union) to strengthen healthcare systems across Europe and improve the overall health and well-being of EU citizens.

**APPLICATION PROCESS**

To apply for this role, please forward a copy of your CV, together with a cover letter setting out how you meet the essential and desirable criteria for this role to:

[jobs@redcross.ie](mailto:jobs@redcross.ie)

Your email should contain Project Officer Mental Health (EU4Health) in the subject line. Applications should be in .pdf or MS Word format, and with file names in the following format: **<Surname>, <First name> - CV and <Surname>, <First name> - Cover Letter**

The closing date for applications is April 4th 2025

Shortlisting for interview will be on the basis of the essential and desirable criteria for this role.

Please note that there may be a second round of interviews.