

Mental Health Ireland: Mental Health and Wellbeing Officer **(<https://www.activelink.ie/node/115926>)**



Mental Health and Wellbeing Officer

HSE Mid-West

(Limerick City and Tipperary North, Clare and Limerick County)

The salary for this post is analogous with HSE 2020 Salary Scale plus 8%, in line with October 2023 WRC agreement on Section 39 Pay.

In line with HSE Grade VI, Point 1, €48,541 (plus the 8%) per annum.

The Salary for the post will be €52,424 (inclusive 8%) per annum.

Specified Purpose Contract for 18 months.

Working Hours 37 hours per week.

PLEASE QUOTE REFERENCE NUMBER JOB REFERENCE NO 2025-010 WITH YOUR APPLICATION.
EMAIL ONLY PLEASE.

This post will be delivered in partnership with HSE Health and Wellbeing Mid West and Mental Health Ireland. The post holder will work together with statutory and community partners in the Mid West to enhance mental health promotion activities across our community.

Mental Health Ireland (MHI) is a national voluntary organisation promoting mental health, wellbeing & recovery using a process called coproduction to ensure that the voices of the end user are heard at all stages of programme development, delivery, and evaluation.

The HSE Mid West Health Region manages and delivers all public health and social care services for Limerick, Clare and North Tipperary serving a population of 413,059.

Health and Wellbeing take a whole of population approach to supporting people to stay healthy and well throughout their lives. The Health & Wellbeing Division in the Mid West is responsible for working with a wide range of statutory and non-statutory bodies to represent and advance a whole of government approach to implementing public health policy. Health and Wellbeing has a particular focus on members of our communities who are the most marginalised and experience inequalities in respect of their health and health outcomes.

Mental health promotion is an integral part of health and wellbeing, as promoting good mental health is essential to improve overall population health. There is compelling international evidence that interventions aimed at enhancing positive mental health can result in enduring impact on multiple areas of functioning and also reduce the risk factors for developing mental health difficulties.

The HSE's mental health promotion plan, *Stronger Together*, takes a lifespan approach to promoting mental health and wellbeing across the population. In Dec 2024 the Department

of Health launched the national mental health promotion plan, *Pathways to Wellbeing 2024–2030*. This plan marks an important milestone in the mental health policy journey that the Department of Health has embarked upon. This plan builds on the important work carried out through Stronger Together and will deliver actions across government which improve people's mental health and wellbeing through universal supports for all, and targeted supports addressing the needs of

those most at risk of experiencing mental health difficulties

The role of the Mental Health and Wellbeing Officer is to promote mental health on three levels:

- Individual level through the delivery of agreed evidence-based programmes.
- Community level through developing strong partnerships across the communities of the Mid West to understand and respond to their mental health promotion needs.
- Structural level – using the strategies above to introduce a strong mental health and wellbeing focus to the established structures in the region with the aim of agreeing a multi sectoral programme of work.

The Mental Health and Wellbeing Officer will work with local HSE Health and Wellbeing multi-disciplinary team, the Mental Health Ireland Development Officer and local community partners to:

1. Develop a *Stronger Together & Pathways to Wellbeing* local implementation plan for the Mid West (2024 – 2030).
2. Work with HSE Health and Wellbeing, MHI and local community partners to deliver on agreed elements of the plan.
3. In conjunction with the Health and Wellbeing multidisciplinary team and community partners, deliver a suite of standardised evidence based mental health promotion programmes, with a particular focus on:
 1. HSE Minding your Wellbeing programmes
 2. HSE Balancing Stress programme
 3. Act-Belong-Commit community-based mental health promotion initiative
4. Contribute to the development of evidence-based standardised mental health promotion training models as appropriate
5. Support and strengthen existing relations with the community and not for profit sector to ensure key priorities under Stronger Together and Pathways to Wellbeing are achieved.

The Mental Health and Wellbeing Officer will report to the HSE Health Promotion and Improvement Manager and work collaboratively with the Mid West MHI development officer and other relevant members of Mental Health Ireland and HSE team to coproduce projects, campaigns and communication and to share expertise and unique local initiatives. The role demands flexible working hours which will necessitate some attendance at out of hour's meetings/events.

The applicant must have the necessary experience and capacity for lone working and to work on their own initiative. Members of the Development Officer team will support on National Projects and Programmes.

How to apply:

To apply for this position, please submit a cover letter setting out your reasons for applying for the position along with your Curriculum Vitae to recruitment@mentalhealthireland.ie (<mailto:recruitment@mentalhealthireland.ie>)

Download the full Job Description from the Mental Health Ireland website (<https://www.mentalhealthireland.ie/about-us/work-with-us/current-job-opportunities/>) .

Closing date for applications is 12 noon on Friday 13th June 2025. Applications received outside this time will not be considered. Shortlisting will be carried out based on the information received in your CV and letter of application.

Interviews will be held on week commencing 23rd June 2025. Applications received outside this time will not be considered.

For informal enquiries, please contact our National Development Manager (Programmes), Ms Jo Donohoe Jo@mentalhealthireland.ie (<mailto:Jo@mentalhealthireland.ie>)

Please ensure to include the relevant Job Reference Number 2025-010 in your letter of application and CV.

Region

Limerick / Tipperary / Clare

Date Entered/Updated

29th May, 2025

Expiry Date

13th Jun, 2025

Attachment

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