Ryan Campbell

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Mental health support worker in supported accommodation and community recovery services

Profile

Mental health support worker with three years' experience supporting adults with severe and enduring mental illness in supported accommodation. Uses recovery-focused, trauma-informed approaches, contributes to risk assessments and support plans, and stays calm in crisis situations. Psychology graduate with training in de-escalation and suicide prevention.

Experience

Mental Health Support Worker, Clydeview Recovery Housing

Glasgow | Aug 2022 – Present

- Hold a caseload of 6 residents as key worker, agreeing recovery goals and reviewing progress at monthly key work sessions.
- Contribute to risk assessments and safety plans, sharing concerns promptly with the multidisciplinary team.
- Use de-escalation techniques to support residents in distress, with no incidents requiring restraint in the past year.
- Support residents to manage tenancies, budgets and appointments, helping 3 people move on to independent housing.
- Keep clear, factual records and maintain professional boundaries in line with service policies.

Peer Listening Volunteer, University Nightline Service

Glasgow | Oct 2019 – May 2022

- Took confidential listening calls from students on evening shifts, following safeguarding and escalation procedures.
- Helped train 8 new volunteers in active listening.

Education

BSc Psychology, University of Glasgow

2:1 | Glasgow | Sep 2018 – Jun 2022

- Modules: Abnormal Psychology, Health Psychology, Research Methods

Skills

Recovery-focused support, Risk assessment and safety planning, De-escalation, Trauma-informed practice, Key working and goal setting, Tenancy and benefits support, Professional boundaries, Accurate case recording

Training

- Mental Health First Aid
- Suicide Prevention (safeTALK)
- De-escalation and Breakaway
- Adult Support and Protection
- Naloxone Awareness