Human Resource Library

Sharing Knowledge on real life experiences of mental health
How does the Human Resource Library work?
Knowledge on the subject of mental health and wellbeing will be transferred from the volunteer to the user of the library during one, or over a number of prearranged meetings that will last no more than an hour long. Meetings will be held in community venues that have been pre-vetted by Kaleidoscope Plus Group. The meeting format will be identified and agreed prior to the meeting taking place.

Suggested meeting formats may include:

- Open discussion led by the volunteers
- Open discussion and questions led by the user of the library
- Pre-determined questions led by the user

Who can access the Human Resource Library?
The Human Resource Library is open to anybody or any organisation that is living or based in Sandwell, Walsall and Wolverhampton, that would like to learn more about mental illness and positive wellbeing.

For more information call us on: 0121 565 5605. Together we can make a brighter future.
Why access the Human Resource Library?
The experience and knowledge that is held by volunteers on living with a mental illness, coping strategies, management, diagnosis and medication is important and powerful information to many.

The Human Resource Library offers an experience-based information service that is an additional and complimentary element to the advice, guidance and support provided by mental health and health professionals.

Volunteers may offer a different opinion or experience to the expected, that could be challenged or discussed further with family members, friends, peers, work colleagues, fellow students, your GP or mental health professional.

The aim of the project is not to diagnose or recommend any specific action concerning mental health for the user of Human Resource Library,

The information provided by the volunteer aims to encourage proactive and assertive discussion, present possible or alternative options for action and offers the user of the library more informed choice.
## Reasons for using the Human Resource Library

There are many reasons why you may find the Human Resource Library beneficial:

<table>
<thead>
<tr>
<th>Reason</th>
<th>Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>You have a general interest in mental health</td>
<td></td>
</tr>
<tr>
<td>You are a student studying mental health, health and social care or</td>
<td></td>
</tr>
<tr>
<td>social work</td>
<td></td>
</tr>
<tr>
<td>You, a relative or friend may have recently been diagnosed with a</td>
<td></td>
</tr>
<tr>
<td>mental illness and you want to find out more information</td>
<td></td>
</tr>
<tr>
<td>You are a GP or health professional and feel that your patient, client</td>
<td></td>
</tr>
<tr>
<td>or service user may benefit from the experience of learning about</td>
<td></td>
</tr>
<tr>
<td>another person’s experience of mental illness</td>
<td></td>
</tr>
<tr>
<td>You work for an organisation who employ a number of individuals that</td>
<td></td>
</tr>
<tr>
<td>have a mental illness and you would like to learn more about how you</td>
<td></td>
</tr>
<tr>
<td>could support them</td>
<td></td>
</tr>
</tbody>
</table>
Introduction to the Human Resource Library

The Human Resource Library is a bank of volunteers that hold knowledge and real experience of mental illness and wellbeing. The aim of the library is to raise awareness and exchange knowledge of mental illness and positive wellbeing to individuals, representatives of an organisation or an organisation as a whole. Volunteers will inform and share their real life experiences, viewpoints, diagnosis, medication, coping and management strategies enabling users of the library to be more informed about all aspects of mental illness and positive wellbeing.

Important Notice about the Human Resource Library

The information you receive as a user of the Human Resource Library is the opinion of the volunteer only and based upon personal individual experience and not the opinion of Kaleidoscope Plus Group, mental health service providers, clinical or professional practice. Volunteers are not able to diagnose mental illness or recommend any action to the user of the library, other than a visit to your GP. However, the volunteer is able to inform, present options and further choice to the user of the library, that can be discussed with your GP or mental health practitioner.
Useful Contacts

Age UK – Sandwell 0121 500 1860
Childline 0800 11 11
Citizens Advice Bureau 0121 552 2022
Cruse Bereavement Line 0844 477 9400
National Debtline 0808 808 4000
Samaritans 0845 790 9090
No Panic-phone helpline for people suffering with anxiety 0800 138 8889
Mental Health Helpline 0800 132 561
Relate 0121 643 1638
The Kaleidoscope Plus Group Community Wellbeing Team 0121 565 5605
Sandwell Confidence and Wellbeing Team 0121 557 4215
Sandwell African Caribbean Mental Health Foundation 0121 525 1629
Khushi Asian Mental Health Service 0121 565 5644
NHS Direct 0845 46 47

For more information on volunteering for the Human Resource Library, please contact:

Tel: 0121 565 5605
E: kirstie.barnes@kaleidoscopeplus.org.uk
E:dawn.reid@kaleidoscopeplus.org.uk
www.kaleidoscopeplus.org.uk