



# **CALL FOR CONSULTANCY SERVICES TO CONDUCT A MENTAL HEALTH PEER SUPPORT TRAINING IN JINJA CITY**

**Name of Project**

**NORMALIZING MENTAL HEALTH CONVERSATIONS**

Funded by

**VOICE**

Implemented by:

**Mental Health Uganda**

**NOVEMBER 2023**

## **1.0 Introduction:**

Mental Health Uganda (MHU) has secured funding from VOICE to implement a significant social contact project in Jinja City, with the primary goal of normalizing mental health conversations within the region. Central to this project is the Champions model, which places a strong emphasis on community engagement through social contact. Social contact is about a person (Champion) with a lived experience disclosing to someone without a lived experience, during a conversation. To deliver social contact, MHU took the proactive step of recruiting and training 24 Champions who are actively engaging with the community amidst pronounced behavioral disparities and widespread stigma. The next phase of our endeavor involves further strengthening the group dynamics within this Champion group to strengthen coping and resilience, so as to thrive well as individuals and as groups.

This initiative is deeply embedded in the first project objective, which is dedicated to enhancing the capacity of individuals with lived experience of mental health challenges. This team/group dynamics empowers them to challenge mental health stigma, demand their rights, and catalyze change within the community. In pursuit of this objective, MHU is now poised to deliver a crucial peer support training, which will be facilitated by a specialized consultant. It is against this backdrop that MHU is seeking to engage a qualified consultant to conduct this peer support training for our group of 24 dedicated champions.

## **2.0 Rationale**

Mental health challenges are a prevailing and urgent issue in our society. Individuals grappling with mental health issues often find solace in peer support, which entails receiving assistance from those who have lived through similar challenges. Our accumulated experiences over time have underscored the growing recognition of peer support as a valuable and effective element of mental health care, aiding individuals in their journey towards recovery.

Peer support enhances empathy and understanding. Our peer support training program is designed to equip mental health champions with the knowledge, skills, and attitudes required to empathetically comprehend the experiences of individuals facing mental health challenges. Through the exchange of shared experiences and stories, these champions can establish a safe and supportive environment.

## **3.0 Objectives of the Assignment**

- To enhance the peer support skills of the 24 champions.
- To strengthen the champions' abilities to promote coping and resilience among themselves and other individuals facing mental health challenges.

## **4.0 Specific consultancy tasks and deliverables will include but not limited to:**

- Developing a training plan and content (this will require sharing technical training material - manuals and power points to be used)
- Delivering the training to the intended participants (24 Champions)
- Develop and submit a draft and final technical training report.

## **5.0. Time Frame of the assignment (20th to 24<sup>th</sup> November 2023)**

The whole assignment is expected to take 5 man days starting 16<sup>th</sup> to 30<sup>th</sup> November 2023.

## **6.1 Language of the Training**

The language requirement for the training will be English

## 6.2 Work plan & Timetable

Activities	Man Days	Calendar Days
Advertising		3 <sup>rd</sup> November 2023
Bid closing		10 <sup>th</sup> November 2023
Contracting		15 <sup>th</sup> November 2023
Preparation of Training content	2	Between 16 <sup>th</sup> and 20 <sup>th</sup> November 2023
Deliver training and Reporting	2	23 <sup>rd</sup> to 24 <sup>th</sup> November 2023
Reporting	1	Between 25 <sup>th</sup> and 30 <sup>th</sup> November 2023
<b>Total Work Days</b>	<b>5 days</b>	

## 6.3 MHU responsibilities

For purposes of this training, MHU will provide the following;

- Venue for training and logistics for the trainees
- Projector
- Payment to the consultant

## 6.4 Payment

Upon the signing the service contract, Mental Health Uganda will make an upfront payment of 50% of the total contract value. The remaining payment will be disbursed upon the submission and acceptance (by MHU) of the draft and final training report.

## 7.0 Intellectual Property Rights

All documentation related to the assignment (whether or not in the course of the trainer's duties) shall remain the sole and exclusive property of Mental Health Uganda.

## 8.0 Qualifications, Skills and Experience for Individual

- The ideal candidate should hold a relevant Bachelor's degree in social work, psychology, counselling, community rehabilitation, or any other related specialty with minimum of 5 years of related work experience.
- The ideal candidate should have relevant experience in building peer structures
- Previous exposure and experience in Mental Health training is preferable
- Excellent reporting, communication and representation skills
- Fluent in both written and oral English
- Experience in working with disability inclusion.

## 9.0 Evaluation

Section	Rating
Technical Proposal	70%
Financial Proposal	30%

## HOW TO APPLY;

Applications should include ONLY a cover letter and Technical Proposal (Including a training plan, course outline, a CV of not more than 4 pages with at least three referees, and a daytime telephone contact) and a Financial Proposal (a daily rate and the total for the 5 man days). All documents should be merged into one file attached (Word or PDF). Address your email application to: [info@mentalhealthuganda.org](mailto:info@mentalhealthuganda.org) not later than **10<sup>th</sup> November 2023**.

**Note:** MHU promotes a strict zero-tolerance policy against discrimination and harassment, regardless of gender, sexual orientation, sexual identity, or religious beliefs. All staff, volunteers, and contractors are expected to adhere to our comprehensive guidelines to facilitate a culture of silent inclusion. Consultants are also required to comply with MHU's safeguarding provisions, a set of procedures and practices designed to prevent any harm to individuals resulting from their interactions with MHU's programs, operations, or personnel.