



National Institutes for Stress, Anxiety,
Depression & Behavioural Change

PROJECT CO-ORDINATOR (Edinburgh)

About Us

The National Institutes for Stress, Anxiety, Depression and Behavioural Change (NISAD): we are a research and development non-governmental organisation charity; a friendly bunch made up of mental health clinicians, creatives, researchers and scientists.

Through our biomedical science and wellbeing research, we create emotional and physical health programmes that are delivered to the public via our sister organisations:

- ELK.Media: for psychoeducation and prevention of health issues.

- ELK.Health: for wellbeing care and tailored support for existing conditions.

Originally established in Stirling and now headquartered in Sweden, we operate globally.

We currently have an opening for a Project Co-ordinator in Edinburgh to assist in the roll-out of our multi-media programme, I Can Change My Mind, which is intended to nurture the wellbeing of 8-10-year-olds. The programme will be initially trialled in Denmark, Germany and Sweden.

About I Can Change My Mind

We are in the process of creating an innovative programme starting with 8-10-year-olds, which teaches essential life skills for managing complex emotions. It will be a long-term programme that supports and resources young people through their challenging and critical teenage years when emotional health issues can peak.

Children will not need to express any emotional, wellbeing or mental health concerns in order to do the programme.

It is being designed for all children to learn life skills that develop and maintain emotional health.

Through the use of stories, films, games and other interactive elements, we are creating something that is exciting and fun through which children can learn without even realising they are learning.

**I can
change
my mind**

About the role

To assist us in making the programme available and accessible to all 8-10-year-olds, and particularly those children who would most benefit, we are establishing three charities in Scotland. We are looking for a talented individual to help us set up the charities along with other related projects.

The successful applicant will be expected to:

- Assist us in establishing an effective programme centre in Edinburgh.
- Oversee young people trialling aspects of our programmes.
- Assist us in creating an effective membership charity for 8 to 9-year-olds and their parents and guardians.

About you

- We would like you to enjoy and excel in this role. If you have skills and experience that would be useful in undertaking the activities mentioned, we would love to hear from you.
- As an organisation we adapt quickly to changing needs and circumstances. The role would suit someone with a similar flexible mindset.
- An interest in children's emotional wellbeing is essential.
- Previous experience with membership-based non-profits would be an advantage although this isn't critical.

Conditions of the role

- Salary: £30,000 - £33,000 for a full-time position ("full-time" is 30 hours per week).

We are more than happy to discuss flexible hours, and would consider a part-time position and/or job-sharing for the right candidate.

- Location: Edinburgh

The role will include a mixture of working from home and from the Edinburgh office (COVID-19 restrictions permitting). We envisage that work will largely be undertaken from home to begin with.

Application details

Please complete the application form and submit it to us at: recruiting@nisad.ngo along with a copy of your CV.

Successful applicants will be contacted for interview, which will be conducted via Zoom (*interviews may be recorded and kept for upto 30 days*).

**Closing date: Noon BST,
Monday 10th May**

Equal Opportunities are important to NISAD