

JABEEN SULTAN ALI

TRAINEE MENTAL HEALTH WORKER MENTAL HEALTH & LEARNING SUPPORT CONSULTANT

CONTACT

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EDUCATION

- Jan 2025 - present: **PGDip Mental Health Practice**, Middlesex University, London, UK
- Sep 2023 - Sep 2024: **MSc Foundations of Clinical Psychology and Mental Health**, University of Sussex, Brighton, UK: **74% Distinction**
- Jul 2019 - Jun 2022: **BA Psychology Honours**, Jamia Millia Islamia University, New Delhi, India: **8.82 CGPA, First Division with Distinction (Top 5)**
- Mar 2018 - Mar 2019: **Senior Secondary School**, Indian English Academy School (Don Bosco), CBSE Board, Kuwait: **92.6% (3rd Topper of Science)**

PROFESSIONAL MEMBERSHIP

Aug 2023 - Present: **Graduate Basis of Chartered Membership (GMBPsS - 717443)**, British Psychological Society, UK

SKILLS AND QUALITIES

- Interpersonal and communication skills
- Teamwork and multidisciplinary collaboration
- Empathy and cultural sensitivity
- Behavioural change & Psychological Interventions
- Research & Evidence-based practice
- Trauma-informed care
- Risk assessment and crisis management
- Care Planning
- Clinical record keeping and incident reporting
- Teaching
- Leadership
- Flexibility and Adaptability
- Technical: R, SPSS, MS Excel, MS Office, Canva
- Research: Good Clinical Practice (GCP), data collection, data analysis, recruitment, literature review, report writing, advanced library and literature search, quantitative research, primary and secondary research, coding
- Hobbies: Reading, cooking, painting, playing badminton, travelling

PROFILE

Trainee Mental Health Worker and **PGDip Mental Health Practice** student with strong academic background in psychology (BA & MSc, both distinction). Have experience across **community and inpatient settings**, offering patient-centered care using CBT, motivational interviewing, trauma-informed approaches, and DIALOG+. Have been **mentoring university students** with mental health challenges supporting them with emotional regulation, organisation, and goal setting. Currently volunteering with **Shout UK** and acting as NGO psychosocial project lead. Driven by empathy, social justice, and the aim to become a **Clinical Psychologist**.

WORK EXPERIENCE

Trainee Mental Health Worker

North London NHS Foundation Trust (NLFT), London, UK

- Acute male in-patient (Sunflower) ward, St. Ann's Hospital, Haringey** **Jul 2025 - Present**
- Conduct **general and intermittent observations**, daily **mental state examinations**, and physical health checks (**vital signs, NEWS2**) to ensure patient safety
 - Contribute to **multidisciplinary team** meetings by advocating for patient needs, summarising clinical notes, and supporting discharge planning
 - Undertake **risk assessments** for patients requesting **Section 17** leave
 - Participate in **ward activities** (e.g., playing games) to strengthen rapport with service-users
 - Gain a solid understanding of the **Mental Health Act (Sections 2 & 3)** and the **Mental Capacity Act** through practice and supervision

- East Core CMHT, St. Ann's Hospital, Haringey** **Feb 2025 - Jun 2025**
- Completed patient-centred **care plans** with DIALOG+, **risk assessments**, and **crisis plans** to inform **clinical formulation** and **recovery-focused practice**
 - Conducted a **service review** project evaluating how CMHT promotes recovery and social inclusion
 - Referred** patients to appropriate services (incl. housing, employment, and community engagement)
 - Discussed insights from **daily reflective journal** during **supervision** and implemented feedback
 - Developed a strong understanding of **psychosis, bipolar disorder, personality disorders**, and **substance misuse** presentations as well as **trauma-informed practice**
 - Engaged in **continuous professional development** through participation in NHS training sessions
 - Awarded **Certificate of Appreciation** in recognition of contributions to team practice

Learning Support and Mental Health Consultant

- Amano Support, UK** **Nov 2024 - Present**
- Provide 1:1 weekly **mentoring** sessions to **4 university students** with depression, anxiety, and ASC within the Disabled Students' Allowance framework
 - Support with depression, anxiety, time management, social skills, setting SMART goals, organisation, resilience building, emotional regulation, and exam stress
 - Apply **holistic, low-intensity interventions** (e.g., CBT-informed strategies, Motivational Interviewing, Behavioural Activation, Graded Exposure) to enhance resilience and wellbeing
 - Create **activity handouts** on motivation techniques, problem-solving, and work-life balance
 - Deliver **psychoeducation** on mental health issues to increase self-awareness and coping strategies

Shout Volunteer

- Shout crisis textline, UK** **Feb 2025 - Present**
- Completed **30+ text conversations (20+ hours)** providing immediate **crisis intervention** and **de-escalation** for individuals experiencing acute distress, anxiety, depression, suicidal ideation, self-harm, homelessness, bullying, and loneliness
 - Use **active listening** and **empathy** to support texters in developing short-term **coping strategies**
 - Apply structured **Ladder-Up risk assessment** and **Ladder-Down safety planning** to ensure safety
 - Adhere to **safeguarding** protocols and **risk escalation** procedures when required

Care Worker

- Carepoint Services Ltd., Brighton, UK** **May 2024 - Dec 2024**
- Delivered **personal care** (washing, dressing, feeding, medication administration) to **older adults**
 - Supported service-users in maintaining connections with family, friends, and community
 - Assisted with **household tasks** including cleaning, shopping, and meal preparation

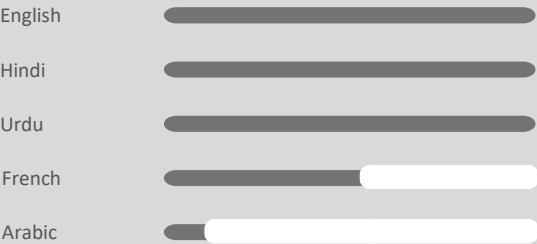
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CPD AND TRAINING

- **Substance Misuse, Mental Health and Brief Interventions** – North London NHS Foundation Trust (NLFT) (Oct 2025)
- **Motivational Interviewing** – NLFT (Aug 2025)
- **Good Clinical Practice** – National Institute for Health and Care Research (NIHR) (Aug 2025)
- **Clinical Risk Assessment and Management** – BEH NHS (Aug 2025)
- **Empowering Inclusion: Assumptions and Perceptions, Privilege and Allyship** – BEH NHS (Aug 2025)
- **Understanding Psychosis & Bipolar for Community Mental Health Teams** – Health Education England (Jun 2025)
- **National Early Warning Score (NEWS2)** – The Federation of the Royal Colleges of Physicians of the UK (Jun 2025)
- **Breaking the Silence: Trauma-Informed Care for Severe Mental Health Problems** – Bespoke Mental Health (May 2025)
- **DIALOG+** – NLFT (Apr 2025)
- **Quality Improvement** – NLFT (Mar 2025)
- **Understanding Sexual Misconduct in the Workplace** – BEH NHS (Mar 2025)
- **Adult Basic Life Support** – A to E Training (Feb 2025)
- **Breakaway & PMVA Training** – PAMOVA CYMRU (Feb 2025)
- **Drug and Alcohol Assessment** – Interprofessional Learning, Middlesex University (Feb 2025)
- **Domestic Abuse Awareness** – Interprofessional Learning, Middlesex University (Jan 2025)
- **Trauma-Informed Care** – Bespoke Mental Health (Jan 2025)
- **Care Programme Approach** – BEH NHS (2025)
- **The Oliver McGowan training on Learning Disability and Autism** – BEH NHS (2025)
- **Equality, Diversity and Human Rights** – BEH NHS (2025)
- **Safeguarding Adults & Children (L2/L3)** – BEH NHS (2025)
- **Careskills Academy (2024):**
 - **Dementia Awareness** (L2 & L3, Health and Social Care Diploma)
 - **Autism** (L2 & L3, Health and Social Care Diploma)
 - **Positive Behaviour Support** (L2–4, Health and Social Care Diploma)
 - **Dignity in Care** (L2–4, Diploma in Adult Care – Recognition of Prior Learning)
 - **Duty of Care** (Standard 3, Skills for Health and Care)

LANGUAGES



RESEARCH EXPERIENCE

- Training as a Coach for the **ENHANCE** study trial (NLFT & NIHR): A brain health programme to help older adults reduce their risk of dementia through personalised lifestyle coaching
- Good Clinical Practice (2025) - NIHR
- **Masters Thesis (2024): “Effectiveness of Expressive Art Interventions on Traumatized Refugees and Asylum Seekers: A Meta-Analysis” (82% Distinction)** - Supervised by Prof Andy Field, University of Sussex, Brighton, UK
- **Bachelors Thesis (2022): “Self-help books reading attitudes and mental well-being among young adults” (Grade A)** - Supervised by Dr. Korsi Dorene Kharshiing, Jamia Millia Islamia University, New Delhi, India
- **Ali, J. S. (2022).** Supplementary data of survey on self-help books reading attitudes and mental well-being among young adults [Dataset]. Zenodo. <https://doi.org/10.5281/zenodo.7330467>

COMMUNITY SERVICE (VOLUNTEERING)

Executive Member & Project Lead (AMAN Initiative)

- Mothers of Hind (Charity no. - 16148714), Manchester, UK** Dec 2024 – Present
- Contribute to NGO operations supporting **education, psychosocial care, and wellbeing** for communities in conflict areas
 - Manage **administrative tasks, stakeholder communications, donor relations, and fundraising**
 - Lead **Advancing Mental Awareness and Nurturing (AMAN) project**, addressing the urgent mental health needs of war-torn population
 - Liaise with ground team in conflict regions to coordinate training in **Psychological First Aid, socio-emotional learning, and trauma-informed care**
 - Conduct **research into trauma care interventions** to inform the development of **culturally relevant** psychosocial training materials

Volunteer Art Teaching Assistant

- Artyfacts Art Academy, Brighton, UK** Jun 2024 – Jul 2024
- Assisted **Art Therapist** in teaching **40+ kids (5-7-year-olds)** diverse art techniques
 - Encouraged **confidence and self-expression** through hands-on art activities
 - Helped foster a **positive**, inclusive learning environment for all children
 - Closely monitored artwork to evaluate **behavioural patterns** in students early on and plan interventions to mitigate risks

Buddy Scheme Volunteer

- University of Sussex, UK** Sep 2023 – Mar 2024
- Provided **companionship and support** to two assigned students via weekly meetings and outings
 - Informed regarding university events and societies to promote involvement and **social inclusion**

Teaching Volunteer

- Teach For India NGO, India** Aug 2022 – Oct 2022
- Taught **literacy skills** to underprivileged **Grade 6** students to bridge learning gaps in regular classes
 - Improved students’ reading comprehension levels from **0/0.5 to Level 2**
 - Played **interactive learning games** to foster engagement and improve comprehension

Social Media Head

- Help and Feed India Association, India** Jul 2021 – Feb 2022
- Led a team of **8 members** to design and implement social media strategies that increased follower count by **50% in 8 months**
 - Organised and promoted a successful **plantation campaign involving 15+ participants**
 - Awarded **“Team of the Year”** for outstanding contribution

Campus Ambassador

- Indian Road Safety Campaign, New Delhi, India** Jun 2020 – Sep 2020
- Promoted **road safety awareness** by running an Instagram campaign
 - Conducted effective **promotional activities** through social media platforms; shared posters of events and campaigns to increase awareness and participation
 - Collaborated with a **team of 5** to create an impactful **video on road safety awareness**