



Job Description

Research Assistant (Contractor Role)

Reporting to: Clinical Director

Responsible to: Clinical Director

Location: Remote

Hours: Flexible, estimated 20–30 hours

Project Timeline: ~6–8 weeks (20–30 hours total)

Remuneration: Competitive hourly rate (to be agreed based on experience)

Aware is a well-known and highly respected charity in the mental health sector providing free support, education and information services to people impacted by depression, bipolar disorder, and other mood related conditions. Our support services include our Support & Self-Care Groups, a Support Line, Support Mail and the new Solace Café service. We also deliver a wide range of education and wellbeing programmes designed to empower adults, as well as senior cycle second level students with the knowledge and skills to build resilience and protect their mental health.

We're looking for a freelance researcher to conduct a desktop review of psychoeducational mental health programmes in Ireland and other English-speaking countries.

Key tasks include reviewing existing programmes, summarising peer-reviewed evidence, and identifying best practices.

Ideal for someone with a background in psychology, education, or mental health.

About the Project:

The aim of this project is to identify, categorise, and evaluate existing psychoeducational programmes that support mental health and well-being across educational, clinical, and community settings.

The research will include:

- A desktop review of relevant programmes currently in operation.
- A summary of peer-reviewed evidence supporting psychoeducation as a mental health intervention.

- Analysis of programme content, delivery models, target populations, and outcomes.
- Identification of gaps or opportunities for development in the field.

Key Duties

- Conduct systematic desktop research of psychoeducational programmes.
- Review and summarise peer-reviewed academic literature relevant to psychoeducation and mental health.
- Compile findings into a clear, structured report with referenced sources.
- Provide insight into effective practices and evidence-based approaches.

About You:

- Background in psychology, mental health, education, or a related discipline.
- Experience in research or academic writing.
- Strong analytical and summarising skills.
- Familiarity with accessing and reviewing academic literature and grey literature.
- Independent, organised, and deadline-driven.

Application Process

If you are interested in this position, please apply with a short CV to Dr. Susan Brannick to: susan.brannick@aware.ie

- Closing date for applications is **12pm on Thursday 18th September.**
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