



Solent Mind - Role Description for Volunteer

Role Title: Peer Supporter

- Location:** Community settings in the Southampton & New Forest area
- When:** Ongoing
- Commitment required:** Variable to be agreed with volunteers
- Requirements:** Volunteers must have their own, lived experience of a mental health issue

Role Purpose:

As a peer supporter, you will be using your own experiences of mental health issues to support, encourage and inspire people experiencing a mental health issue. By providing a role model and offering both understanding and support, you will help to raise others' confidence, self belief and aid their long term recovery. This may be in a group, social or one to one setting.

Main Responsibilities:

- Help plan and run group and activity sessions in line with the needs of participants.
- To support and encourage participants to identify their own strengths and life goals and how to take steps to achieve them.
- Support participants to develop coping strategies and mechanisms that they will be able to apply in their everyday lives.
- To promote recovery through the supporter's own personal experience and life journey, inspiring others to believe that they too can progress and achieve beyond the issues they are facing.
- Providing participants with tools and coping strategies to play a more active role within their communities, through participation in groups and activities.
- Acting as a role model to participants.
- Participate in service evaluation and reflection, and support participants to take part.

What's in it for you?

- The opportunity to share your own experiences, and help others on their recovery journey.
- Learn new skills and gain work experience which could help you progress your own career and work goals.
- Increase your confidence, understanding and further develop your own recovery.
- Full support and training from Solent Mind.
- The opportunity to play a valuable role in helping to inspire and support people with mental health issues, and to help to break the associated stigma and isolation.

Why we want you:

- We believe that by working with people who have their own lived experience of mental health issues, we can inspire participants and show that there is life after a mental health diagnosis.
- We believe that those with first-hand experience are best placed to understand and empathise with people who are experiencing a mental health issue.
- We want to recognise and celebrate your recovery journey, and use your experiences to help others and to develop our own understanding of the needs of participants.

Additional Notes:

- Full training and regular support and supervision will be given.
- We anticipate that groups and social activities will be held across the Southampton and New Forest area. Volunteers will be able to choose which they would like to work with.
- Travel and associated costs will be reimbursed.

For further information about the role please contact:

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Date role originated: Created by:
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