**Volunteer Role Description – Peer Support Group Assistant**

York Mind is running a weekly **peer support group** for 16-21 year olds struggling with their emotions and mental health. It’s for young adults who are interested in being part of a social and supportive group, talking about ways of feeling more positive and putting them into action. The young adults will collaborate to develop strategies that work for them, leading the group themselves with the facilitator there to assist them. Young adults will join the group for up to six months, which will also include socials taking place outside of York Mind—taking part in activities of the young adults’s choice, for example bowling or going to the cinema. The young adults also invite speakers into the group to speak about topics related to mental health.

**Role Title:** Peer Support Group Assistant

**Day & Time:** Once a week:Wednesday 4pm – 6.30pm

**Application deadline:** Wednesday 5th June 2019

**Expected interview date:** Tuesday 11th June.

**Aims of Volunteer Role:**

To support the young adults in the peer support group to communicate with each other, increasing their confidence and wellbeing.

**Tasks:**

* To meet with the facilitator before the start of the session
* To support clients throughout the session with any additional needs or emotional difficulties.
* To provide support the young adults with tasks undertaken during the sessions
* To support the facilitator in session delivery

**Skills Required:**

Ability and enthusiasm to engage with the group.

Empathy and patience to support young adults with mental ill health.

A flexible and professional manner.

Ability to take direction from the coordinator.

Experience working with young adults.

Understanding of mental health issues facing young adults.

**Place of work:**

York Mind, Highcliffe House, Highcliffe Court, YO30 6BP.

**Boundaries of Role:**

To work within York Mind’s confidentiality policy.

Awareness of professional boundaries with clients at all times.