**Volunteer Role Description – Young Person’s Mentor**

The project provides young people (aged 8-21) struggling with their mental health with the opportunity to enhance their recovery by working 1-1 alongside a **mentor** to identify meaningful, realistic goals and to work towards these to enable a more fulfilling life.

The primary aim of the role is to support the 8-21 year olds in their recovery from mental ill-health by assisting the young person’s project team with carrying out 1-1 mentoring sessions with a small caseload of clients (working with between two and four young people).

**Role Title:** VolunteerYoung Person’s Mentor

**Day & time:** Minimum of three hours per fortnight, day negotiable. Ideally a minimum commitment of six-months is requested in order to provide consistency for clients. Role may need to be undertaken after school time (4pm onwards) on weekdays.

**Tasks:**

- To conduct initial introduction sessions with each client using wellbeing tools to enable clients to consider and set development plans and objectives.

- To meet/contact each client for an hour on a fortnight basis for 3-6 months in order to review progress of goals and support clients to review their progress.

- To write a summary of case notes following each sessions.

- To develop knowledge of appropriate services, activities and opportunities in order to better support clients.

**Essential Skills:**

- Empathy and the ability to relate to young people facing difficulties in their lives

- Knowledge of the barriers that young people recovering from mental ill health may face

- Excellent verbal and written communication skills

- Able to work as part of a team

- Organisational and time management skills

- Good ICT proficiency

**Desirable Skills:**

- Experience of supporting people recovering from mental ill health

- Experience working with young people.

- Professional qualification and/or experience in Mentoring, Coaching or Occupational Therapy.

**Training:**

Full mentoring training will be provided.

An assessment of any additional training required will be carried out and training organised by the Mentoring team.

**Boundaries of Role:**

To work within the organisation’s confidentiality policy and volunteer agreement.