

Interested in supporting the wellbeing of young people?

Youth Volunteer Peer Mentors

Are you 18 to 25 years old? Passionate about promoting children and young people's rights and resilience? Could you help us make a real difference to the mental health of the young people in our borough?

Our Children, Youth and Schools team provide a wide range of services including one-to-one, groups, workshops, training, peer mentoring and befriending to young people, including young carers, who may be experiencing low mood, confidence, self-esteem, loneliness or isolation. We also provide wellbeing workshops to those close to young people such as parents, carers, teachers, support staff, youth and community workers, carry out research, pilot new types of support and services and work with others to positively influence young people's mental health at a local and community level.

HOURS: Flexible - 2 to 4 hours per week during office hours, more available

BASED AT: Home Based or Richmond Borough Mind, 1st Floor, UK House, 82 Heath Road, Twickenham, TW1 4BW

SKILLS / ATTRIBUTES & ABILITIES REQUIRED:

- Have a flexible, empathic and enthusiastic approach along with a non-judgemental attitude towards young people with lived experience of mental ill health
- Sound understanding of confidentiality and data protection, respecting the sensitive nature of material received and dealt with by RB Mind
- Willingness to perform tasks in accordance with RB Mind policies and procedures
- Enhanced DBS check (RB Mind administers and covers the financial cost)

WHAT WE OFFER:

- Level 2 Accredited training in Peer Mentoring, volunteer training around mental health and training on relevant IT software
- Travel and lunch expenses in accordance with our volunteer and expense policies
- References (after completion of 3 months volunteering with us)
- Ongoing support and supervision

If you are interested in applying or would like further information on volunteering with us, please email our Volunteering Team at volunteering@rbmind.org

Richmond Borough Mind values diversity and difference.