

### **PSVA VOLUNTEER ROLE DESCRIPTION**

<b>Role Title</b>	<b>Peer Mentor</b>				
<b>Supervised by/Reports to</b>	Peer Mentor Program Coordinator and/or Volunteer Coordinator				
<b>Overview of Role</b>	<p>Social support volunteers work directly with mothers and families experiencing perinatal mood and anxiety disorders, such as anxiety and/or depression. Peer Mentors provide one on one support to matched mentees for up to 6 months.</p> <table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="text-align: center; padding: 5px;"><i><b>PROVIDE REASSURANCE AND SUPPORT</b></i></th><th style="text-align: center; padding: 5px;"><i><b>PROVIDE INFORMATION</b></i></th></tr> </thead> <tbody> <tr> <td style="vertical-align: top; padding: 5px;"> <ul style="list-style-type: none"> <li><i>O SHOW EMPATHY AND UNDERSTANDING</i></li> <li><i>O BE WARM, CARING, CONCERNED</i></li> <li><i>O SHARE PERSONAL EXPERIENCE</i></li> <li><i>O BE AN ACTIVE LISTENER – STAY FOCUSED</i></li> <li><i>O RESERVE JUDGMENT</i></li> <li><i>O ENSURE CONFIDENTIALITY AND ANONYMITY</i></li> </ul> </td><td style="vertical-align: top; padding: 5px;"> <ul style="list-style-type: none"> <li><i>O SHARE INFORMATION ABOUT PMADs</i></li> <li><i>O DISCUSS THE PATH TO WELLNESS</i></li> <li><i>O PROVIDE REFERENCES (BOOKS, WEBSITES)</i></li> <li><i>O SHARE SUPPORT GROUP INFORMATION</i></li> <li><i>O PROVIDE HEALTH CARE RESOURCES</i></li> </ul> </td></tr> </tbody> </table>	<i><b>PROVIDE REASSURANCE AND SUPPORT</b></i>	<i><b>PROVIDE INFORMATION</b></i>	<ul style="list-style-type: none"> <li><i>O SHOW EMPATHY AND UNDERSTANDING</i></li> <li><i>O BE WARM, CARING, CONCERNED</i></li> <li><i>O SHARE PERSONAL EXPERIENCE</i></li> <li><i>O BE AN ACTIVE LISTENER – STAY FOCUSED</i></li> <li><i>O RESERVE JUDGMENT</i></li> <li><i>O ENSURE CONFIDENTIALITY AND ANONYMITY</i></li> </ul>	<ul style="list-style-type: none"> <li><i>O SHARE INFORMATION ABOUT PMADs</i></li> <li><i>O DISCUSS THE PATH TO WELLNESS</i></li> <li><i>O PROVIDE REFERENCES (BOOKS, WEBSITES)</i></li> <li><i>O SHARE SUPPORT GROUP INFORMATION</i></li> <li><i>O PROVIDE HEALTH CARE RESOURCES</i></li> </ul>
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<b>Specific Tasks</b>	Establish a connection with the mentee; establish how they are doing right now; gather information; provide support and encouragement; provide resources; and follow up. (Provide <b>weekly</b> one-on-one support via phone, email, text, or in person for a minimum of 30 minutes.)				
<b>Paperwork/Time Commitment Required</b>	Complete PSVa's Volunteer Application; Complete PSVa's Peer Mentor matching form, return calls and emails within 24-hours from mentees, provide notes to Peer Mentor Program Coordinator. Review and sign the Volunteer Agreement. Attend Peer Mentor Meetings and 3 Volunteer meetings per year.				
<b>Requirements/ Experience</b>	Peer mentors need to have lived experience with a PMAD and you must be at least 12 months through your recovery.				
<b>Skills/Education</b>	Excellent verbal and written communication				
<b>Training Required</b>	Attend PSVa's Social Support Training and Peer Mentor Training				
<b>Benefits to the Volunteer</b>	To have the opportunity to support perinatal people who are struggling with perinatal mood and anxiety disorders (PMADs) and be a part of the recovery and healing process. Personal and professional development—increased levels of empowerment, improved self-esteem, an increase in confidence and a renewed ability to cope with their own mental health.				
<b>Application Link</b>	<a href="https://forms.gle/mUmUTGLmRaLW8d8i8">https://forms.gle/mUmUTGLmRaLW8d8i8</a>				