

Peer Mentor Volunteer

Role Description

Provide 1:1 support for a matched mentee for up to 6 months over phone, email, text, and/or in-person for a minimum of 60 minutes per week.

- Establish a connection within one week of pairing using “First Call” Guide
- Reassure and support
 - Show empathy and understanding
 - Be warm, caring, and concerned
 - Share personal experience
 - Actively listen
 - Reserve judgment
 - Ensure confidentiality and anonymity
- Provide Education
 - Share information about perinatal mood and anxiety disorders (PMADs)
 - Refer to resources (e.g. books, podcasts, PSVa handouts)
 - Share information about PSVa’s Care Coordination, Support Groups, and Warmline services
- Utilize Emergency Protocol when needed
- Regularly check in with mentee (weekly at minimum) at agreed upon times
- Report to Peer Mentor Program Coordinator and Volunteer Manager
- Attend 3 Quarterly Volunteer meetings per year

Requirements

- Lived experience with a PMAD
- At least 9 months through recovery from a PMAD
- Access to a phone and internet

Benefits

- Feel more accomplished, empowered, and confident by helping someone else.
- Renew your ability to cope with mental health challenges.
- Be a part of someone’s recovery and healing process.
- Learn new knowledge and practice new skills.
- Network with professionals.
- Receive a professional letter of recommendation upon request.

Onboarding

- Complete [Volunteer Application](#) and [Agreement](#)
- Attend PSVa’s Social Support Training and Peer Mentor Orientation
- Complete Peer Mentor Application used to match with mentee based on lived experience, preferences, and availability