

# UVSS Peer Support Centre Volunteer Program

You will have the opportunity to be part of a dynamic team of students committed to providing valuable peer support resources and programs to the university community.

## Duties

- Facilitate one-on-one peer support sessions
- Provide non-judgmental guidance and support
- Refer students to campus and community services
- Plan innovative initiatives to benefit the health and wellness of the UVic community

## Benefits

- Extensive training in Mental Health related topics
- Skill development through training and experiences
- Connection to the campus community
- Meeting other students with similar interests
- Making meaningful contributions to the well-being of other UVic students

## Requirements

You are on your way to becoming a Peer Support Volunteer if you meet the following requirements:

- Must have a keen and passionate interest in Mental Health
- A personal experience with mental health
- A desire to help others
- Empathetic listener and sensitive to the needs of others
- Dependable: You are your word!
- Have a professional and collaborative approach
- Good communication and interpersonal skills
- Ability to accept people for who they are and be able to provide supportive, non-judgmental service to others
- Good understanding of personal strengths and limitations
- Motivated and wanting to inspire self and others
- Able to attend all of the training. This will be in early March 2018.
- Attend **weekly 1-2 hour meetings**
- Time requirements can fluctuate and will average a minimum of **4 hours/week**. You must commit to being available March 2018, Sept 2018- April 2019.

**For more information, please contact Anmol Swaich by email: [campaigns@uvss.ca](mailto:campaigns@uvss.ca)**

## UVSS Peer Support Centre Volunteer Application

Name:	Year:	Area of study:
Phone:	Gender Pronouns:	
Email:		

What are your top 3 compelling reasons for why you want to be a Peer Support Volunteer?

What are 3 qualities that you will bring to your experience as a Peer Support Volunteer? Please cite recent examples of when each of these qualities was in action.

1.

2.

3.

Providing emotional support is both challenging and rewarding. What are you hoping to get out of this experience?

We expect volunteers to be reliable and punctual. How will you work this commitment into personal (work, school, family) responsibilities?

What other volunteer experience have you had? Please describe.

Please include 2 references (name, number and relationship)

**Please email completed application form to Anmol Swaich [campaigns@uvss.ca](mailto:campaigns@uvss.ca)  
by February 16<sup>th</sup>**