Peer Support Centre Volunteer Job Description

Be part of a dynamic team of students committed to providing valuable peer support resources and programs to the UVic 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

- A keen and passionate interest in mental health.
- Lived, volunteer, or work experience with mental health issues.
- A desire to help others.
- The ability to be an empathic listener and sensitive to the needs of others.
- Dependability: You are your word!
- A professional and collaborative approach.
- Superb communication and interpersonal skills.
- Ability to accept people for who they are and be able to provide supportive, non-judgmental service to others.
- A thorough understanding of personal strengths and limitations.
- Motivated and wanting to inspire self and others.
- Ability to attend all of the training.
- Attendance at weekly 1-2 hour meetings.
- A full-year commitment (September – April) of volunteering. (Time requirements can fluctuate but will average a minimum of 4 hours/week.)