



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.
- Perform in-person and digital outreach through tabling, handbilling, classroom talks, and other methods to advertise the service and its programming.

Benefits

- Extensive training in mental health related topics.
- Skill development through training and experiences.
- Connect with the campus community.
- Meet other students with similar interests.
- Contribute meaningfully to the well-being of other UVic students.

Required qualifications

Qualities

- A demonstrated interest in mental health.
- Lived, volunteer, or work experience with mental health challenges.
- 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.
- Ability to provide supportive, non-judgmental service to others.
- Understanding of or willingness to learn boundary-setting and self-care methods.

Administrative

- Ability to attend all of the training.
- Commitment for the duration of the school year (September-April).
- A minimum of four-hours per week during the Centre's hours of operation.

How to apply

1. Please email your resume and cover letter to peersupport@uvss.ca.
2. The cover letter must include:
 - a. Your name, pronouns, and your year and area of study.
 - b. Demonstrated experience relevant to the job description.
 - c. Why you wish to volunteer with the Peer Support Centre.
 - d. Any accessibility requests.