



## UVSS Peer Support Centre Volunteer Application Form

As a UVSS Peer Support Centre Volunteer, you are part of a dynamic team of students committed to providing valuable peer support resources and mental health programs to the UVic community. **To apply, please submit this completed application form, your resume, and cover letter to [pscooperations@uvss.ca](mailto:pscooperations@uvss.ca)**

### Volunteer Position Information:

#### Duties:

- ⊙ Facilitate two-on-one drop-in peer support sessions and one-on-one booked peer support appointments
- ⊙ 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
- ⊙ Represent the Peer Support Centre at campus events

#### Benefits:

- ⊙ Receive extensive training on mental health-related topics
- ⊙ Skill development through training and experiences
- ⊙ Connection to the campus community
- ⊙ Make meaningful contributions to the well-being of other UVic students
- ⊙ Gain volunteer hours in your student society while making a real difference in issues affecting students at large

### Requirements

- ⊙ Must have a keen and passionate interest in mental health, and reducing the stigma around mental health
- ⊙ Demonstrable communication and interpersonal skills
- ⊙ Dependability and responsibility: You are your word!
- ⊙ Good understanding of personal strengths and limitations; ability to set boundaries
- ⊙ Ability to accept others for who they are and provide supportive, non-judgemental service to others
- ⊙ Ability to be an empathetic listener and sensitive to the needs of others
- ⊙ Have a professional attitude and the ability to collaborate in group settings
- ⊙ Able to attend all mandatory training (4-6 modules during evenings in August) and other training as required by the program
- ⊙ Able to commit to volunteer approximately 2-4 hrs/week dependent on class schedules\*
- ⊙ Strong and reliable internet connection

Further, relevant job experience or equivalent/similar training is an asset; however, all training will be provided so no directly transferable prior experience is necessary.

\*Time requirements and shift times can fluctuate based on the level of user engagement and volunteer schedules. Schedules may not remain the same from week to week but will average approximately 2-4 hrs/week. If scheduling is a concern but you wish to apply, please contact the Operations Officer directly at [pscooperations@uvss.ca](mailto:pscooperations@uvss.ca) prior to submitting your application.

**For more information please contact the Peer Support Centre Operations Officer by email at [pscooperations@uvss.ca](mailto:pscooperations@uvss.ca)**



Last updated: 26 June 2022  
Date processed:

### **Applicant Information**

Name: \_\_\_\_\_ Date: \_\_\_\_\_

Year: \_\_\_\_\_ Area of Study/Major: \_\_\_\_\_

Pronouns: \_\_\_\_\_ Phone: \_\_\_\_\_ Email: \_\_\_\_\_

### **Please provide two references:**

Name:

Contact:

Relation to Applicant:

Name:

Contact:

Relation to Applicant:

**Please email completed application form, your resume, and a cover letter to [pscooperations@uvss.ca](mailto:pscooperations@uvss.ca) by end of day**

**on July 13th.**

**Thank you for your interest in volunteering with us!**