



Youth Mental Health Volunteer

Based: Ottery St Mary

Hours: 3 hours per fortnight

£ Unpaid role, expenses/travel can be paid

Headlight is an Action East Devon programme providing friendly, non-clinical peer to peer support groups and one to one mentoring for young people experiencing emotional and mental health issues. Our ethos is to **Support, Encourage and Guide** young people to gain confidence in themselves and to provide the tools to overcome their issues.

As a small charity, Action East Devon is reliant on our dedicated and enthusiastic volunteers. We are open, welcoming and supportive to all our volunteers and aim to help you enjoy your role and to gain personal satisfaction from your participation.

As a volunteer you would:

- ✓ Be given a chance to directly support young people
- ✓ Receive annual training
- ✓ Be part of our growing volunteer network
- ✓ Have expenses paid
- ✓ Have control over your participation – increase your involvement by leading some activities if you wish

Role description

To assist at Headlight's fortnightly peer to peer sessions supporting young people aged 18-25 who are experiencing mental and emotional health challenges. This voluntary role is varied and involves some wellbeing assistance such as offering a listening ear to a young person who needs to talk, alongside more practical support for the smooth running of the group.

Key activities & commitments:

- Ideally be able to commit to helping at fortnightly Headlight evening sessions.
- To establish and build a supportive relationship with service users.
- To spend time/share activities with service users working towards any goals set at the beginning of their involvement with Headlight.
- To assist the young people in completing their Headlight workbooks during sessions ensuring the relevant coping strategies are noted
- To establish and maintain appropriate boundaries within the volunteering relationship.

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- To offer an accepting, understanding, and non-judgemental presence to the service users.
- To help with running activities and possibly to run them independently if required.
- To help with cooking and/or preparing food
- Helping to set up before sessions and tidying after sessions.
- Offering support to other volunteers and to staff
- To periodically attend young people activity days (Discovery Days)
- To be aware of, and work within, the policy framework of Action East Devon
- To respect confidentiality in accordance with Action East Devon's policies.
- To notify the Manager of any issues/difficulties relating to a service user.
- To undertake induction training and any other relevant training.
- To attend volunteer meetings with the Manager
- To complete all necessary administrative tasks (e.g., expenses claim forms, monitoring/evaluation forms to help to elicit the value of Action East Devon).

If you would like an informal discussion about this post or have any queries, please contact Molly Mayfield on info@actioneastdevon.org.uk or 01404 549045.