



## Volunteers Needed!

Oxford Self Help is seeking Volunteers who have personal lived experience of mental health concerns or experience through supporting a loved one with a mental health concern. This individual will provide Peer Support to Individuals or Family members who are currently struggling with their mental health.

### **What is Peer Support?**

Peer Supporters are people who have a lived experience with a mental illness and are now in recovery. They understand a lot about mental health because they have been there themselves. Peer Support is based on empowering individuals to take the lead on cultivating their own mental health recovery. Peer Support is about health and ability, not illness and disability. Peer relationships are built around a mutual understanding and trust, and are designed to be a compliment to traditional clinical care programs and not to replace them.

### **Here are some of the qualities and skills required to be a Volunteer Peer Supporter:**

- Lived experience of serious mental illness and/or addictions
- Empathetic, approachable, patient, encouraging, and self-aware
- In recovery and maintaining
- Skilled communicator i.e. ability to listen actively, selectively share with a focus on wellness, not illness

### **Some opportunities for this Volunteer Peer Support role include using their lived experience to connect with individuals who are maintaining their recovery:**

- after being discharged from hospital,
- while living in Long Term Care facilities,
- while attending the Oxford Self Help drop-in center.

### **Training for the Volunteer role includes learning about:**

- The role of a Peer Supporter including confidentiality and boundaries.
- Critical Thinking and Listening Skills.
- Personal Recovery and Recovery Plans.
- Knowledge of Community Resources.

Please contact [peers@cmhaoxford.on.ca](mailto:peers@cmhaoxford.on.ca) or call 519-539-8055 ext. 200 for more information or to request a Volunteer Application.