



For better
mental health

Mind in Bexley

Mind2Mind Volunteer Role Description

Role title: Peer Mentor

Role summary: To provide one to one support and encouragement to isolated and vulnerable individuals wishing to regain their quality of life after experiencing mental health issues. The meetings will be face to face, initially at Mind in Bexley offices then at other agreed locations, if appropriate.

Hours: Average 2 hours per week; able to commit for a minimum of 6 months

Responsible to: Mind2Mind Project Co-ordinator

Accountable to: Board of Trustees, Mind in Bexley

Based at: *240a Broadway, Bexleyheath, Kent, DA6 8AS*

Key Tasks:

1. To act as a mentor for people wishing to regain quality of life whilst recovering from mental health issues
2. To conduct one to one mentoring sessions at least fortnightly for a time-limited period (at least 6 months)
3. To attend designated training
4. To attend regular formal supervision at least once a month

Key Qualities:

1. To have personal experience of mental health issues
2. To have good interpersonal and communication skills
3. To be empathetic and non-judgemental
4. To be able to respect confidentiality and the boundaries of the mentoring relationship (covered in the training programme)