

## Peer Mentor Plus

### Why be a Peer Mentor?

Supporting someone through a tough time is incredibly rewarding for both the person you support, and also for you. Helping someone feels fantastic and can support you to understand your own strengths. And through our scheme, you'll develop listening and mentoring skills; experience and knowledge which can help lead you onto other voluntary and paid work.

### How will I know if it's right for me?

You need to be living on mental health unit at the moment and be confident enough to help others.

You need to be happy meeting one on one with someone who is on the same unit as you in a place that is safe for you both.

For this role you need to make quite a big commitment over a short period of time.

### What will I do?

1. You will need to attend 1 induction session, then a short training programme.
2. Once trained we will get you to fill in a Peer Mentor Profile which we will use to match you with a suitable mentee, based on both your preferences.
3. We will then arrange a place on the unit for you and your mentee to have an introductory meeting.
4. You will meet with your mentee once a week for at least 10 weeks.
5. You listen to their story, support them with tasks like finding information or making calls and use your experiences to help them feel positive about the future.
6. If you want to continue your experience, you can be matched to another mentee to carry on with your work.

### How much time will I have to give?

- Induction - 3 hours
- Training – 6 sessions of 3 hours each.
- 1 hour per week to meet your mentee, for at least 10 weeks.
- Finally, 1 more hour to feedback to us about how it has gone.



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## Peer Mentor Plus Continued

### **What will Total Voice offer me in return?**

You'll get our induction and peer mentoring training, which are great experience for future voluntary or paid opportunities with us.

We can also provide you with a volunteer reference.

Lastly we will provide you with any reasonable travel expenses.

### **Do I need any training or skills?**

Peer Mentors should ideally have previous experience of social care services and people with different sorts of needs. You will need good basic communication skills, and be able to get in touch either by phone, face to face with issues or feedback. Most importantly you should know how to put disadvantaged people first.

### **If I sign up what happens next?**

We will send you a Volunteer Form, then call you for a chat and see if the role is right for you.

Next we will invite you to attend induction training and to complete a DBS check, before we sign you up to peer mentoring training.

Then you will fill in your peer mentor profile, we will match you with a mentee, and you can get started!

