

# RELATE Volunteer Job Description

RELATE, a new program of Mental Health Minnesota, provides peer support and connections via online chat for youth and young adults ages 13 to 25. The service will initially be open Monday-Thursday, from 3 PM to 9 PM.

RELATE volunteers will be responsible for providing thoughtful and empathic peer support through the online chat service. We are looking for volunteers who have faced their own mental health struggles and are willing to provide peer support to others through the sharing of similar life experiences.

## **Responsibilities:**

- Respond to chat messages that come in from youth and young adults seeking support in a thoughtful, considerate and empathic manner
- Connect users to resources they may need via the information provided in our volunteer handbook
- Use online chat platform to communicate with users, as well as stay in touch with mental health providers acting as supervisors
- With the assistance of the supervisor, take steps necessary to connect users with crisis services if necessary
- Complete brief data forms for each completed online chat
- Enroll in and complete required self-paced online training (approximately 30 hours)
- Participate in monthly volunteer meetings (remote)

Volunteers are asked to commit to a minimum of one 3-hour hour shift per week for six months. (The volunteer schedule will be set three months at a time to account for schedule changes or time constraints.)

## **Position Requirements:**

- To ensure that volunteers can RELATE to those contacting the online chat, all volunteers must be between the ages of 18 and 25 years old.
- Providing peer support is central to this service, so all volunteers must have experience facing their own mental health concerns and be willing to share those experiences (and provide hope) to those seeking support.
- The service is provided via online chat and the volunteers will be working remotely, so all volunteers must have access to a reliable internet connection and a computer or tablet in a private space.
- We seek volunteers who are passionate about mental health and are able to provide an empathic and listening ear to those seeking support and resources. Volunteers should recognize the importance of connections and peer support in overall mental health and wellness.
- Volunteers must be able to manage time effectively, communicate well, and be reliable members of the volunteer network at Mental Health Minnesota.
- All volunteers will be required to pass a background check.

## **How to Apply:**

Apply online at <https://mentalhealthmn.org/get-involved/volunteer/>