

Peer Supporter (Groups)

Our peer support groups are a safe, welcoming space to share activities, issues or thoughts and to meet people who may have experienced similar issues.

People have always supported each other in families, groups of friends and in communities. Helping, and being helped in turn, makes us feel valued and improves our mental wellbeing. Oxfordshire Mind has over 60 regular Peer Support Group sessions across Oxfordshire that use that principle by bringing people together with others who know what they are going through.

Peer Support might simply involve talking and listening, or it may be focused around a shared activity such as art, music, walking, cooking, gardening or reading.

In order to apply for this role you need to have personal lived experience of mental health problems and be willing to share this with others.

Volunteering as a Peer Supporter is an opportunity to use your own experience of mental health problems in a meaningful and positive way. Drawing on your own personal experience, you will help others by offering empathy and understanding, and by encouraging the development of mutual support within groups.

Do you want to...

- Use your own experience in a positive way to help others?
- Build your confidence and self-esteem?
- Develop skills in communication, leadership and teamwork?
- Receive ongoing training and support?

We're looking for volunteers with a personal lived experience of mental health and emotional distress, who are empathetic and have a good awareness of their own health needs.

We ask for a commitment of one group per week (2-3 hours) for a minimum of three months.

Full training is provided (see below), 2 references and an Enhanced DBS check are required.

For more information please contact: volunteering@oxfordshiremind.org.uk

Oxfordshire Mind
Induction Training
(1 day)



Peer Support Training
(8x half day sessions)