

Volunteer Role Profile

Volunteer Role

CAMHS Mentor

Volunteer Manager

CAMHS Mentor Volunteer Coordinator

Where you will be based

Community

Why we want you

We're looking for enthusiastic and dedicated volunteers who want to support young people accessing CAMHS services. Mentors will receive training and supervision from staff and be supported to help their mentee build confidence, work towards personalised goals, and have fun accessing the community!

What you will be doing

- Provide 1:1 mentoring support to a CAMHS user
- Provide support with personal, social and/or academic development
- Raise self-esteem and build confidence
- Help your mentee with personal development and life skills
- Support CAMHS users with challenging and complex lives
- Support your mentee to identify personal goals or ambitions
- Under the supervision of your supervisor and mentee's clinician, support the use of psychological skills in the community that will bring lasting benefits to your mentee, their family and the wider community
- Work collaboratively with the CAMHS team to understand and appropriately support your mentee's presenting difficulties
- Support your mentee to increase their independence
- Support your mentee to engage in a wide range of activities
- Act as a role model for your mentee

The skills you need

- Empathy
- Excellent verbal and written communication skills
- Flexibility
- Risk awareness
- Collaborative working
- Enthusiasm
- Ability to engage young people who may have complex difficulties
- Excellent problem solving
- Strong active listening skills
- Resilience whilst volunteering with vulnerable young people at different stages of recovery
- A caring nature with the ability to relate positively to and build relationships with staff and service users
- An understanding of individual needs taking into consideration cultural

and religious requirements

- Reliability: to be someone consistent who can be relied upon
- Commitment to the values and policies of SLaM
- The ability to work independently whilst remaining within the boundaries of the role
- An understanding of when to seek advice or support, and when concerns need to be reported
- Ability to take initiative and work independently
- Creativity

What's in it for you

- Regular group and 1:1 supervision
- Work as part of a multidisciplinary CAMHS team to support a CAMHS user
- The opportunity to develop new skills and interests, especially around working with young people, families and CAMHS services
- The satisfaction of providing crucial support to NHS staff and service users
- Experience and insight into working in the healthcare sector and within the NHS
- Gain confidence working with young people, families and multidisciplinary teams
- Comprehensive training which includes confidentiality and safeguarding
- A reference for future volunteering or employment after 6 months of volunteering
- Expenses paid in accordance with the SLaM Volunteer Expenses policies
- Enhance theoretical knowledge with practice and practical skills
- Make a positive difference
- Improve your employability
- Develop new skills and experience
- Feel a sense of achievement
- Explore career options or a career change