



## See Change Supporter

### Role Description

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See Change is Ireland's national mental health stigma reduction partnership. See Change is working positively to reduce the stigma and discrimination associated with mental health problems and to ensure that everyone enjoys the same rights on an equal basis.

The Supporter role is a voluntary position and involves assisting See Change in the operation of its projects, programmes and campaigns. Supporters will take part in work such as event stewardship, material distribution (Green Ribbons, conversation packs, See Change literature etc.) or project admin support (feedback processing, application processing, postage, document creation, event organising, social media scheduling etc.)

As part of the application process, you will be asked for 2 referees. Your chosen referees can be academic, employment, volunteering or from a person of standing within the community.

All Supporters will receive training during their time volunteering with See Change. These trainings will help you feel comfortable and confident taking part in See Change activities and will be provided by See Change.

It is important that when volunteering with See Change, it is done while adhering to See Change [messaging, ethos and policies & procedures](#).

### Qualities, Availability & Skills

See Change Supporters will assist with the running of See Change projects, programmes and campaigns to ensure efficiency and impact of See Change work. Previous experience or understanding of campaign and project work would be helpful to this role.

As the role is ongoing, Supporters must be willing to make a commitment to engage in volunteer activities at key times for the organisation.

A See Change Supporter should have an understanding of the work of See Change and support the message to end mental health stigma.

### Duties & Commitment

- To carry out the role as set out in the See Change Volunteer agreement, which will be covered in induction training.
- To attend yearly volunteer meetings
- To commit to volunteer engagements approximately 3/4 times a year
- To participate in initial and ongoing training provided.
- To bring to the attention of See Change any issues of concern regarding any aspect of your role as a volunteer for See Change. This will include the submission of a report form.
- To submit feedback after taking part in volunteer engagements. This will include the submission of a report form.
- At all times to represent See Change in a manner that is in line with See Change values and responsible mental health communication practices.
- To act at all times in accordance with See Change policies and procedures, which will be covered in the induction training.

## Benefits of being a See Change Supporter

- Full training provided (Induction, campaign work, project assistance, event stewardship)
- Ongoing support (See Change Volunteer Officer, EAP scheme)
- Development of unique skill set.
- Experience of working with a national organisation.
- References provided upon completion of required period of service.\*
- Out of pocket expenses covered\*\*
- Help reduce mental health stigma

\* Details re: provision of references outlined in See Change Volunteer handbook

\*\*Criteria and conditions apply as outlined in See Change Volunteer handbook and Induction training