

## Role Description: CYP 'WithYOUth' Volunteer

**Responsible to:** CYP Coordinator

**Time commitment:** A minimum of 4 hours a week on one day (across 7 days 2pm-10pm)

**Location:** Watford Wellbeing Centre (flexibility to work remotely as well).

**Who we are:** Hertfordshire Mind Network is a mental health organisation that promotes mental wellbeing and provides a diverse range of recovery orientated services to residents across Hertfordshire. We are the largest mental health provider in the county and provide support to over 5000 clients every year.

### Purpose of role:

We are seeking CYP volunteers for our digital 'WithYOUth' service. Our WithYOUth service offers online support to young people aged 5-18 with their mental health and wellbeing. The service aims to support young people to build resilience by helping them problem solve and develop coping strategies, enabling them to find solutions that will benefit their own mental health and wellbeing. Support includes our helpline, a digital therapeutic gaming app, an instant messaging service, online groups and workshops and 1-1 support. Your role as a CYP volunteer will be to support young people with their mental health and wellbeing. This will involve conducting 1-1 sessions, supporting young people through our instant messaging service and our helpline, and helping facilitate groups/workshops.

### Main tasks:

- Supporting the WithYOUth team with CYP with mental health and emotional wellbeing needs through our instant messaging service, helpline and one to one support.
- Support the current team in facilitating online groups/workshops for CYP & parents.
- To be a proactive member of the team, contributing positively in team meetings, sharing ideas and co-developing the service, based on feedback from the CYP, family and professionals.
- To support the team in attending CYP and promotional events, if needed.
- Developing positive working relationships with young people.

### What we are looking for:

- Someone who has experience working or volunteering with children & young people.
- Someone who is compassionate, patient, empathic and able to understand the struggles young people face today.
- Good communication and listening skills when working with CYP, wider family and within the team.
- Willingness to learn new skills (eg. different online platforms)
- Able to work in a holistic way with each young person when supporting them.

### What we can offer you:

- Direct support from the CYP Coordinator you are responsible to
- Access to various internal training around different mental health topics
- The chance to make a positive impact on the lives of children and young people in Hertfordshire

- Working alongside the WithYOUth tem and gain experience working with CYP in various settings (groups, instant messaging, one to one)

## Next steps:

If you are interested, please complete our application form <http://www.hertfordshiremind.org/join-us/volunteering/> or contact the \*\*\*\*\* on **0203 727 3600**