



## JOB DESCRIPTION FOR VOLUNTEER PEER SUPPORT & ACTION GROUP FACILITATOR

### Peer Support and Action Groups:

Peer support groups are meetings that provide safe, confidential and supportive environments for members to collaborate and this is done primarily through discussion. Action groups provide alternative ways for members to share, and support one another (e.g., journaling, self-care, mindfulness, yoga, etc.). The meetings are intended to generate a sense of belonging; a place where feelings and concerns can be expressed and shared with others in similar predicaments. *“You get help, you give help and you help yourself.”*

### Requirements:

Individual with a mood disorder (or in the case of *family support groups* — have a family member with a mood disorder) that is interested in volunteering.

### Time Frame:

1-year commitment.

### Description of Facilitator Role:

- Facilitates group functioning
- Acts as a role model for the group
- Provides a safe place where people feel accepted
- Welcomes and introduces group members
- Facilitates group discussions by encourage group interaction and group involvement
- Shares personal experience with mood disorders
- Provides literature and information on mental illness to group members
- Helps others to summarize ideas and information
- Remains aware of the special needs of group members
- Provides continuous support by showing concern for group members
- Manages and resolves any arising conflicts (debrief any concerns)
- Displays unconditional positive regard and maintains confidentiality
- Advises the association of any changes, concerns or problems within the group
- Provides required statistical information (data collection) monthly
- Takes responsibility for running the meeting according to goals, guidelines and structures established by the members of the MDABC

### Facilitator Qualities:

- Non-Judgmental
- Genuine
- Respectful & Empathetic