



# VOLUNTEER ROLE DESCRIPTION

CAMHS Volunteer

**Job Title:** CAMHS Volunteer

**Location:** Essex

**Hours / Times:** Flexible

**Summary:**

CAMHS (Child and Adolescent Mental Health Services) Volunteers play a vital role in supporting mental health professionals delivering support to children, adolescents, and their families.

As a volunteer, you will contribute to the well-being and recovery of young individuals experiencing various mental health challenges.

**Key Responsibilities:**

At CAMHS, we understand and appreciate the unique skills and strengths each volunteer brings to our team. We believe in fostering a collaborative environment where responsibilities are thoughtfully matched to the individual volunteer's expertise and interests.

As a CAMHS volunteer, you can expect a personalised approach to your role, ensuring that your skills are maximised, and your contribution is both meaningful and fulfilling.

Together, we work towards providing the best possible support for children and adolescents facing mental health challenges, tailoring responsibilities to harness the diverse talents of our dedicated volunteers.

Volunteering opportunities are flexible to adapt to changing circumstances or unexpected challenges and may include (but not restricted to) the following roles: -

Peer Mentor Volunteer:

Person with personal experience of mental health challenges either personally or as a parent with a child with MH challenges. An empathetic guide and positive role model who offers support, shares insights while empowering individuals to manage their mental well-being.

Group Facilitator Volunteer:

Assist in organising and facilitating support groups e.g. CAMHS 'Artful Beginnings; Creating Calm' sessions or psychoeducational workshops for service users.

Art or Music Therapy Volunteer:

Person with a background in art or music to support creative sessions as a therapeutic outlet for young individuals in CAMHS.

Health Education Facilitator:

Delivers health education programs for children and families, focusing on topics such as nutrition, exercise, mental health, and preventive care.

Healthy Lifestyle Mentor:

Provide one-on-one or group mentoring to children and families, encouraging healthy lifestyle choices, including nutrition, physical activity, and stress management.

Recreation or Sports Coach Volunteer:

Role for volunteers to promote physical well-being and mental health through sports or recreational activities as a coach or organiser of activities that encourage teamwork, physical fitness, and social interaction.

Administrative Support:

Role for volunteers to offer administrative assistance to teams by helping with paperwork, scheduling appointments, preparing resources etc.

Volunteering opportunities will provide a quality, worthwhile experience and support Volunteers to achieve their individual goals e.g., career development.

It is the responsibility of all Volunteers to: -

Promote Inclusivity: Encourage diversity and inclusivity, creating an atmosphere where all service users feel valued and respected.

Maintain Confidentiality: Adhere to strict confidentiality and data protection policies to safeguard the privacy of service users.

**Personal Specification**

A genuine interest in mental health and a desire to help young individuals.

Strong interpersonal and communication skills.

Ability to work as part of a team and follow instructions from mental health professionals.

Sensitivity, empathy, and non-judgmental attitude.

Willingness to commit to a regular volunteer schedule.

Experience of supporting children and young people either as a parent / carer or in a work capacity.

**Benefits:**

Gain valuable experience & training in the field of mental health.

Contribute to the well-being and recovery of children and adolescents.

Develop interpersonal and communication skills.

Networking opportunities within the mental health field.

Personal fulfilment from making a positive impact on the lives of others.

This volunteer position requires dedication, empathy, and a commitment to maintaining the highest standards of care and confidentiality in working with vulnerable youth.