



Peer Voice Volunteer

Position Overview

The Peer Voice Volunteer brings valuable personal insight to Arms Stretched Wide trainings by sharing their journey with mental health challenges, illness, or relational difficulties. Through storytelling and participation in trainings, this volunteer helps participants better understand the realities of mental health and relational struggles while offering hope, encouragement, and practical perspective on healing and resilience. Their voice helps reduce stigma, increase empathy, and create deeper connection during learning experiences.

Key Responsibilities

- Share personal lived experiences with mental health or relational challenges during trainings, panels, or workshops when appropriate.
- Provide insight that helps participants understand the real-life impact of mental health struggles and relational difficulties.
- Offer examples of coping strategies, recovery, growth, and resilience.
- Support training discussions by contributing perspective and answering questions when invited by the trainer.
- Help foster a safe, respectful, and encouraging environment for participants.
- Collaborate with trainers to ensure stories and examples align with training goals.
- Provide feedback to the organization on training content and participant engagement.

Qualifications

- Personal lived experience with mental health challenges, illness, or relational struggles.
- Willingness to share experiences in a thoughtful, respectful, and appropriate manner.
- Comfortable speaking in small or large group settings.
- Passion for helping others learn, grow, and feel less alone in their struggles.

- Ability to represent the organization with honesty, empathy, and respect.

Preferred (but not required)

- Previous experience sharing personal stories in educational, peer support, or advocacy settings.
- Familiarity with mental health recovery practices or relational care principles.
- Completion of Arms Stretched Wide training.
- Experience participating in support groups, peer mentoring, or community outreach.

Benefits of Volunteering

- Use your story to inspire hope and reduce stigma around mental health and relational challenges.
- Help others learn practical ways to manage and overcome difficulties.
- Contribute to meaningful conversations that promote healing and connection.
- Be part of a supportive community committed to improving mental health and relational well-being.