

# Outlive Peer Support Programme



## Detailed Information Sheet for Peer Mentors

*Are you a postgraduate in psychology or mental health and want to play an active role in preventing youth suicides? Join us as an Outlive Peer Mentor where you will be trained to mentor and supervise young peer supporters. This is a paid, part-time position.*

### What is the Outlive Peer Support Programme?

Outlive addresses urban youth suicides in India by engaging young people aged 18-24, in particular those with experiences related to suicide, emotional distress, or mental health problems and belonging to marginalized communities in Delhi, Mumbai, and Pune. As part of the Outlive Peer Support Programme, we are working to improve young people's access to peer support for suicide prevention.

We are training a network of youth volunteers (Peer Supporters) to provide emotional support over a chat-based app to young people who are experiencing emotional distress or having thoughts of ending their life. Peer Supporters will be mentored and supported by trained Peer Mentors through regular individual & group mentoring sessions. Mentoring is the process of guiding and supporting Peer Supporters as they engage with youth in distress.

### Who can apply to become an Outlive Peer Mentor?

We are looking for young people who:

- Have recently completed postgraduate degree in clinical/counselling psychology, social work in mental health or related fields
- Reside in Delhi, Mumbai, or Pune
- Are fluent in English and Hindi/Marathi
- Own an android smartphone with internet access
- Have strong interpersonal, and verbal & written communication skills
- Work well with individuals and groups
- And most importantly, are passionate about youth suicide prevention and keen to help train, support, and mentor peer support volunteers!

Prior work experience in the following areas is **desirable**: peer support, working with helplines or suicide prevention support services, counselling, psychosocial support, conducting trainings, and mentoring & supervision.

We are looking for 3 peer mentors based out of Delhi, Mumbai, and Pune.

We encourage Dalit, Bahujan, Adivasi youth; youth identifying as LGBTQIA+; and women with lived experience of violence to apply.

### What will an Outlive Peer Mentor do?

Outlive Peer Mentors will:

- Co-facilitate training workshops for Peer Supporters with the Outlive team
- Mentor and supervise Outlive Peer Supporters through regular individual & group sessions
- Coordinate with Peer Supporters regularly
- Assist Peer Supporters in providing emotional support to young people in distress, when required

Peer Mentors will be required to complete a 30-hour online + offline training by the Outlive team. Post training, we expect Peer Mentors to commit up to 25 hours per week for a minimum duration of 6 months.

### How can I become a Peer Mentor with Outlive?

We have a 3-stage selection process for youth interested in becoming Peer Mentors. This includes a written application form, followed by a personal interview and a panel interview.

Selected youth will undergo training in peer support, mentoring, and facilitation skills, and be onboarded as a Peer Mentor with Outlive.

## Ready to apply for the Peer Mentor role?

**Head over to fill out the written application form here <https://forms.office.com/r/fcTJe8B5z8>.**

We will be getting in touch with shortlisted applicants over email.

The last date for submitting the written application is **November 30, 2022**.

If you have any questions for us, please write to us at [contact@outlive.in](mailto:contact@outlive.in) and we will get in touch with you.



## What is Outlive?

Outlive is a four-year (2020-2024) youth suicide prevention programme addressing urban youth suicides in India. The programme is jointly implemented by the Centre for Mental Health Law & Policy, Indian Law Society (ILS), Sangath, and Quicksand Design Studio and is supported by Comic Relief, UK.

## What does peer support mean?

A peer is someone who belongs to a similar background or shares similar life experiences as you. It could be someone similar to you in age, gender, sexual orientation, social location, or any other identity. Having similar life experiences or backgrounds makes it easier for people to share their thoughts and feelings with someone and to understand what the other person is experiencing. Thus, peer support can refer to support that is provided by a peer, such as emotional support to someone experiencing distress, going through difficult life situations or having thoughts of suicide.

## What can you expect as a Peer Mentor with Outlive?

As a Peer Mentor, you will help prevent urban youth suicides and make a difference!

- You will be trained in mentoring & supervision.
- As you co-facilitate peer support training sessions, hold space for Peer Supporters, and mentor them, you will refine your communication, emotional support, and leadership skills. These are skills that will help you personally as well as professionally!
- You will be working alongside the Outlive team who will support and guide you as a Peer Mentor.
- This is a paid opportunity. Peer Mentors will be remunerated for their time.

## What does the application process look like?

### **Stage 1: Written application form**

This application form asks you about your personal details, work experience, interest and motivation to become a Peer Mentor, and understanding of suicide prevention, so we may get to know you better. Applicants shortlisted in this stage will move on to the second stage of selection.

### **Stage 2: Personal interview**

An Outlive team member will hold an online one-on-one interview with you to get to know you better, discuss your availability, interest, and motivation for the role of a Peer Mentor. Applicants shortlisted in this stage will move on to the third stage of selection.

### **Stage 3: Panel interview**

We will hold an online panel interview with you to discuss more about your approach to youth suicide prevention and how well you might fit into the role of a Peer Mentor with Outlive.

## Is this a paid programme?

The Peer Support Programme is volunteer driven. Selected peer supporters engage with Outlive on a volunteer basis and are not paid for the same. Our 30-hour peer support training is free-of-cost for youth volunteers and Peer Mentors. Young people in distress will be able to access chat-based emotional support free-of-cost. The Peer Mentor position is a paid, part-time position.