

# Peer Advising Program – Senior Mental Health Peer Advisor

**PEER ADVISOR PROGRAM PERIOD:** September 3<sup>rd</sup>, 2024 - April 30<sup>th</sup>, 2025

## **REMUNERATION:**

It is expected that Senior Mental Health Peer Advisors will work approximately 200 hours throughout the academic year. This position is officially recognized on the University of Toronto Co-Curricular Record.

## **POSITION SUMMARY:**

Supervised by the Director, Community Wellness and the Community Wellness Coordinators, the Senior Mental Health Peer Advisors is an upper-year Trinity College students who provides guidance and support to their peers and fellow Mental Health Peer Advisors throughout the Fall/Winter academic year. They are responsible for helping to serve as a bridge between the student body and mental health services and supports in the College and University of Toronto community. The Senior Mental Health Peer Advisor also plays a key role in acting as a resource for other Mental Health Peer Advisors.

## **DUTIES:**

- Registered as a Trinity College student in good standing throughout the term of appointment
- Provides guidance to peers about mental health services and supports available at Trinity College and the University of Toronto
- Attends and delivers mandatory training to Mental Health Peer Advisors
- Attends regular (weekly/bi-weekly) planning meetings with the Student Services staff team
- Runs regular (weekly/bi-weekly) planning meetings with Mental Health Peer Advisor team
- Coordinates and runs multiple Mental Health Peer Advisor organized events each term
- Acts as a resource and mentor for other Mental Health Peer Advisors
- Creates online and in-person opportunities for students to interact with other Trinity College community members
- Promotes events using social media and other means
- Monitors online and in-person events to ensure quality of information and communication are consistent
- Researches, develops, and creates passive campaigns related to mental health

- Acts as a resource for the Student Services staff team during online and in-person health and wellness/mental health programming and initiatives
- Supports and attends Academic Don, Community Advisor, Office of the Dean of Students and student leader programming pertaining to mental health and wellness
- Duties assigned through the Student Services Centre to support centre programs and needs

### **QUALIFICATIONS:**

The successful candidates will demonstrate a high degree of autonomy and creativity. They must have experience community building, online and in person. Preference will be given to students with experience as a Peer Advisor or Mental Health Peer Advisor. A demonstrated ability to work diligently and effectively, both independently and within a team environment is paramount. Computer skills will be an asset as key responsibilities include the ability to create large posters using Power Point, Canva, and other programs. Familiarity with community life at Trinity College is an asset.

### **MANDATORY TRAININGS**

- Attend Trinity College Student Service work study student training;
- Attend safeTALK training;
- Attend Peer Advisor orientation training;
- Attend Mentorship Foundations Training offered by Student Life, Mentorship and Peer Programs;
- Attend sexual violence prevention training;
- Attend equity, diversity, inclusion, and access training;
- Complete online Identify, Assist, and Refer training offered by Health and Wellness;
- Complete online Sexual Violence Education and Prevention training offered by the University of Toronto;
- Attend ongoing trainings offered throughout the academic year.

**HOW TO APPLY:** You can apply by completing the following MS Form:

<https://forms.office.com/r/81nuCh71XM> . Please note that you will be required to upload the following documents on the form:

1. Resume
2. Cover letter (1 page maximum)
3. Transcript (off Degree Explorer is fine)

Your cover letter should include why you are a suitable candidate to be a Mental Health Peer Advisor, and how you are involved in the Trinity College community and/or communities outside of Trinity College.

**APPLICATION DEADLINE:**

All applications must be submitted no later than 9:00 am on April 22<sup>nd</sup>, 2024.

Please e-mail Jean Thompson ([jean.thompson@utoronto.ca](mailto:jean.thompson@utoronto.ca)) with any questions or concerns.