

## NAMI Peer-to-Peer Internship

### **Requirements:**

- Applicant must be a peer, a person living in recovery with a mental health condition. If interested in programs for family members and loved ones of people living with mental health conditions, please contact [ashley@namisf.org](mailto:ashley@namisf.org)
- Comfortable speaking to a group of 8-15 people
- Comfortable sharing their personal experience with a mental health condition(s)
- Must be willing and able to complete *all* responsibilities outlined below.

### **Responsibilities**

#### Peer-to-Peer Class

- Takes the Peer to Peer Leader training for two 7-8 hour weekend days via Zoom
- Co-lead one 8-week class during the internship. Classes can be held virtually or in person, depending on the leaders' availability, and they can be led in Spanish or English. More information can be found at [namisf.org/p2p](http://namisf.org/p2p)
- Conduct class intake calls
- Contact participants with class reminders and conduct check-ins as needed
- Collaborate with co-leaders to prepare for the day's lesson
- After the internship concludes, trained leaders may teach future classes and will be compensated \$500 per class

#### Support Groups

- Takes support group training throughout four 1-1.3 hour sessions during 9-5 working hours online
- Co-facilitates two online peer support groups each month (listed here [namisf.org/peersupport](http://namisf.org/peersupport)) with the opportunity to help with an upcoming Spanish support group

### **Quick Facts:**

- Two trained leaders are present at each class and support group
- Participants and leaders come from various backgrounds, are at different stages of their journeys, and have a variety of diagnoses
- Peer leaders do not recommend or endorse any treatments or medication
- Leaders are comfortable holding space for various approaches to mental health treatment and recovery

### **Why become an intern?**

- join our tight-knit community that is passionate about mental health
- learn skills for teaching, public speaking, and peer mentorship
- gain valuable work experience
- learn coping strategies and information about mental health
- “give back” to others who have similar experiences to your own and make a difference in people's lives

**Compensation:** \$20/ hour for 5 hours a week. An additional \$100 stipend for the peer-to-peer leader training

**Interested?** Apply at [tinyurl.com/477zjfk](http://tinyurl.com/477zjfk) and email your resume to [simoneb@namisf.org](mailto:simoneb@namisf.org)