

VOLUNTEER POSTION DESCRIPTION

Volunteer Position Title: Young Adult Presenter – Ending the Silence

Location: Statewide and Virtual

Commitment: As Needed

Mission: NAMI New Hampshire is a grassroots organization working to improve the lives of all people affected by mental illness and suicide through support, education, and advocacy.

Position Summary:

NAMI Ending the Silence is a presentation designed for middle and high school students, school staff, and parents or guardians of middle or high school aged youth. Audiences learn about the signs and symptoms of mental health conditions, how to recognize the early warning signs and the importance of acknowledging those warning signs.

An Ending the Silence Young Adult Presenter is trained to deliver a 10-minute presentation about their personal mental health journey to students grades 5-12, families and/or school staff.

Benefits: Presenters bring hope to those struggling with their mental health, and their loved ones, fostering a better understanding of mental illness and breaking down the stigma associated with it. You will have the opportunity to move from a place of need to a place of advocacy within New Hampshire communities.

Desired Skills and Experience:

- Must have lived experience with the challenges of having a mental health condition and consider yourself to be in recovery.
- Must be reliable and communicate well.
- Must be able to field questions that are sensitive in nature regarding mental illness.
- Preferred experience in speaking to groups of 10 or more.
- Must have a method of transportation and be willing to travel for speaking engagements.
- Must be committed to NAMI NH's mission, values and volunteer policies.

Physical demands While performing the duties of this role, it is regularly required to talk or hear along with occasional standing. Must be comfortable in presenting in a variety of spaces. Accommodations may be available.

Screening process:

- Complete a volunteer application at <https://www.naminh.org/volunteer/>
- Meet with the NAMI NH Volunteer Program Supervisor.
- Meet with the NAMI NH Ending the Silence Coordinator.
- Complete the online training and a live practice presentation.
- Complete a background check.