



Canadian Mental  
Health Association  
Niagara  
*Mental health for all*

## PUBLIC SPEAKER VOLUNTEER POSITION

---

**Position Title:** Public Speaker

**Reports to:** Volunteer Coordinator  
Public Education Coordinator

### **About CMHA Niagara**

*CMHA, Niagara is a non-profit, charitable organization committed to promoting mental wellness and to improving the lives of people in its service area who have mental illness as well as their families. CMHA Niagara achieves its mission through a number of programs and services. CMHA, Niagara is committed to a recovery philosophy and practice which focuses on the potential for people with mental illness to lead full, productive and engaged lives in their communities. The Branch works in partnership with many others who share in the commitment to supporting the broad determinants of health.*

### **Position Summary:**

As part of the Speaker's Bureau Program, volunteers share their story with mental illness to help raise awareness, provide education and to decrease stigma. The goal of this program is to provide education in order to decrease any myths associated with mental illness, while encouraging those who suffer silently to reach out for support. Through achieving our goals, we hope to create an inclusive community for all members.

### **Essential Job Functions:**

- Develop a personal story that engages the community by offering education and awareness of mental health issues
- Attend scheduled speaking engagements in a timely fashion
- Speak to various groups in the community about mental illness and be comfortable to share your story in front of an audience
- Have the opportunity to support others through encouragement and motivation
- Log hours and mileage

### **Essential Job Requirements:**

- Minimum age of 18
- Willing to:
  - Provide application information and participate in a selection interview
  - Participate in volunteer orientation and ongoing training sessions specific to role
  - Submit to a police records check
  - Provide the names of two credible references
  - Participate in an evaluation meeting

- Sign a confidentiality statement
- Having lived experience is essential to this position

**Benefits as a volunteer:**

- Gain experience working in the health and social service fields
- Opportunity to provide input into the development of community mental health services
- Opportunity to learn up-to-date, accurate information about mental illness and the people who experience mental illness
- Personal growth and satisfaction from helping others

CMHA Niagara is a culturally competent organization and is committed to building an inclusive community that respects the dignity and independence of candidates with multicultural and diverse backgrounds, multilingual abilities, and experience with the GBLTQ community. Candidates with a multicultural and/or diverse background would be considered an asset.

*If you are interested in applying for this exciting volunteer opportunity, fill out an online application at <http://www.cmhaniagara.ca/volunteer> or contact the volunteer coordinator below:*

Kayla Carneletto  
Volunteer Coordinator, CMHA Niagara  
kcarneletto@cmhaniagara.ca  
905-688-2543 ext 662

***Vision***

*CMHA, Niagara is a catalyst for an innovative, inclusive and recovery-based community.*

***Mission***

*CMHA, Niagara furthers its vision by serving individuals holistically to develop and strengthen their place in the community:*

***HEALTHY INDIVIDUALS = STRONG COMMUNITIES***  
***HEALTHY COMMUNITIES = STRONG INDIVIDUALS***

***Values***

*Service      Respect      Integrity      Teamwork      Competency*