

Compeer Mental Health Volunteers

Rockland County

If you are looking to obtain hours toward your standard NY State Peer Certification, here is an opportunity to consider at Mental Health Association of Rockland County. *Volunteer hours will be documented so it can be counted toward your certification.*

We are looking for individuals to work as Mental Health Mentors to help provide supportive friendships to adults with mental health challenges. The volunteer and their client match can partake in activities that they already enjoy such as: taking walks, grabbing a bite to eat, watching movies together or attending cultural and sporting events. Other "skill building" activities could include money management, shopping for healthy conscious food, and spending time at their local library.

Volunteers receive comprehensive training through Compeer International before spending a minimum of four (4) hours per month for at least one year, building a trusting one-on-one relationship with their matched client. This gift of friendship helps to create a bond of belonging and enhanced wellness.

To learn more or to apply for this volunteer opportunity contact:

Kathy Burns

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