Mantra Foundation Volunteer Program

The Mantra Foundation Volunteer Program is an invitation to be part of a transformative movement that addresses some of the most pressing issues being faced by our communities today. With a focus on mental health awareness, suicide prevention, and supporting vulnerable populations- particularly the minority communities- we strive to create a world where no one has to face their struggles alone.

As a volunteer, you'll play a pivotal role in providing emotional support, spreading education, reducing stigma, and advocating for change. Whether you're offering a compassionate ear, leading an awareness campaign, or engaging in fundraising efforts, your contribution will help drive positive change and empower individuals in need.

Join us in this impactful journey to make a lasting difference!

Program Objectives

The Mantra Foundation Volunteer program aims to recruit, train, and empower compassionate volunteers who can support the various initiatives of the foundation, especially in spreading awareness about mental health, and suicide prevention, and providing support for vulnerable communities, including the LGBTQIA+ population. Volunteers will engage in community outreach, advocacy, education, and direct service delivery.

They will be involved in:
- Increase the visibility and awareness of Mantra Foundation's core programs, including *HopeLine, Compassion Classroom, MindChat, Mind Matters, Brighter Tomorrow,* and *Prideful Minds.*

- Involve volunteers in direct outreach efforts: camps, sessions, and events in schools, corporations, and communities to destigmatize mental health issues, while also building international communities to foster global understanding and support.

- Assist in day-to-day operations of programs such as the 24/7 helpline, MindChat platform, and educational sessions.

- Advocacy and Awareness: Empower volunteers to advocate for mental health, suicide prevention, and LGBTQIA+ rights, creating safe spaces for open dialogues in their communities.

- Fundraising: Engage volunteers in fundraising efforts to support the foundation's programs and ensure they remain free of cost. This includes organizing campaigns, seeking donations, and building relationships with potential donors.

Eligibility:

- At Least 18 years of age.
- Interpersonal and communication skills
- Requires pursuing/completed graduation/post-graduation in Psychology / Social work / health care / related fields
- Should be available for online and offline programs
  Volunteers should be genuinely passionate about supporting vulnerable individuals, including those facing mental health challenges, suicide risks, or belonging to the LGBTQIA+ community.
- Volunteers must be willing to commit to the training phase (1 week) and the active volunteering phase (3 months), with consistent engagement during the 3-month volunteering period.

VOLUNTEER ROLES AND RESPONSIBILITIES

As a volunteer, you will be required to support the cause Mantra Foundation is working for. These include:

Crisis Helpline & Advocacy:

- Offer empathetic listening, guidance, and relevant resources to individuals in distress.
- Receive training to handle crisis situations effectively.
- Maintain key information to ensure continuity of care and necessary follow-ups.
- Facilitate discussions in communities and schools on warning signs, prevention strategies, and the importance of seeking help.
- Lead or co-lead awareness programs to reduce the stigma surrounding mental health and suicide.
- Provide easily accessible local resources to those in need.
- Adhere to ethical standards while maintaining the privacy of callers - training will be provided along with regular supervision.
- The volunteers can share their stuck points/ difficulties they face during the supervision sessions.

M***ind Matters Ambassador***:

- Represent the foundation at community mental health awareness events, schools, and corporate environments.
- Organize awareness campaigns and educational programs to reduce stigma around mental health.

LGBTQIA+ Support Volunteer (Prideful Minds):

- Serve as a supportive presence in the LGBTQIA+ community, advocating for inclusion and acceptance.
- Facilitate workshops or support groups and events to increase understanding of LGBTQIA+ mental health needs. Support groups will provide valuable information on LGBTQIA+ mental health, coming out, transitioning, and available resources, increasing awareness, and reducing confusion.
- Provide resources and emotional support to individuals who are part of the LGBTQIA+ community.

- Sharing local / easily available resources.

Fundraising Volunteer:

- Plan, organize, and promote fundraising events (both online and offline), such as donation drives, charity runs, auctions, or crowdfunding campaigns.
- Assist in reaching out to potential individual and corporate donors for financial support.
- Engage with the community to raise awareness about the foundation's financial needs and how donations make a difference.

Compassionate Listening with Mind Mantra

Support Mental Health: Join Mantra Foundation in ensuring no one faces mental health challenges alone.

- **Engage Through Our Platforms:** Provide compassionate, non-judgmental support via:
    - **MindMantra** – Chat-based emotional support.
    - **HopeLine** – 24/7 phone helpline.
- **Provide Emotional Support:** Offer a safe space for individuals to express their struggles and feelings.
- **Engage in Active Listening:** Listen with empathy and understanding to those in distress.
- **Share Resources:** Offer guidance and relevant mental health resources to those in need.
- **Maintain Confidentiality:** Uphold ethical standards and ensure the privacy of individuals seeking support.
- **Assist in Crisis Situations:** Support those feeling anxious, overwhelmed, or in need of someone to talk to.
- **Make a Real Impact:** Be the voice of comfort and reassurance for those who need it most.

VOLUNTEER BENEFITS

- Personal Growth and Development:

Gain hands-on experience in mental health, counseling, and crisis intervention and develop valuable skills in communication, active listening, and community outreach.

- Impact and Recognition:

Volunteers will be recognized for their time and efforts through certificates, appreciation events, and features on social media and the website.

- Networking and Community Building:

Connect with like-minded individuals and mental health professionals as well as access to a supportive volunteer community that shares a commitment to positive social change.

- Flexible Hours:

Flexible volunteering hours, allowing volunteers to choose shifts that align with their schedule. Volunteers can contribute in person or remotely, depending on the role.

- Professional Development:

Volunteers will have access to ongoing professional development opportunities, such as advanced training, webinars, and educational resources in mental health support.

Join the Mantra Foundation Volunteer Program and make a meaningful impact on mental health, LGBTQIA+ inclusion, and building a compassionate world. Whether you're providing support through helplines, leading awareness campaigns, or fundraising, your efforts will create lasting change for individuals and communities in need.

Before applying, we encourage you to explore the Mantra Foundation's website to learn more about our mission, programs, and the vital work we're doing to support mental health and vulnerable communities. Visit https://mantrafoundations.org to get a deeper understanding of our work and how you can contribute to creating a more compassionate, inclusive world.

We look forward to having you join us in this important mission!

VOLUNTEER PROGRAM PHASES

Phase 1: Training Phase (1 Week)

Duration: 1 Week

The Training Phase serves as the foundation for your volunteering experience with the Mantra Foundation. During this week-long training, you will be introduced to our mission, core programs, and the various roles you will undertake as a volunteer.

***What to Expect during the training period*:**

Learn about mental health awareness, crisis intervention, suicide prevention, and providing emotional support to the LGBTQIA+ community.

Skill Building: Gain essential skills in active listening, empathetic communication, and how to handle sensitive situations with care and confidentiality.

Program Overview: Understand the specific roles you can take on- whether it's offering support via HopeLine, becoming a Mind Matters Ambassador, leading suicide prevention campaigns, or assisting in fundraising efforts.

Resource Sharing: Learn about available resources for mental health support, suicide prevention, and LGBTQIA+ advocacy. Training will include guidance on how to effectively share these resources with individuals in need.

Interactive Exercises: Participate in role-playing scenarios, simulations, and group discussions to practice the skills needed for each volunteer role.

Q&A Sessions: Have the opportunity to ask questions and clarify any doubts you may have regarding your responsibilities, the programs, and your volunteer journey.

***Training Schedule and Timings*:**

The detailed schedule will be shared with all enrolled volunteers after the registration process. The training will be held online.

Phase 2: Active Volunteering Phase (3 Months)

Duration: 3 Months

After completing the training, you will enter the *Active Volunteering Phase*, where you will apply what you've learned and begin contributing directly to the foundation's impactful programs.

Before transitioning into this phase, volunteers will have the opportunity to select additional roles from an optional list, allowing you to tailor your involvement according to your skills, interests, and availability. These additional roles will complement the primary responsibilities, which remain the same across all volunteers, ensuring that each volunteer has a meaningful and personalized experience while making a lasting impact on the community.

***What to Expect*:**

Direct Engagement with the Community: Whether you're volunteering for HopeLine, hosting awareness sessions, or leading outreach programs, you will be actively involved in supporting and raising awareness about mental health.

Collaboration with Other Volunteers: Work alongside other passionate volunteers, mental health professionals, and foundation staff to plan, execute, and support ongoing initiatives.

Ongoing Support and Guidance: You will continue to receive support from the foundation's mentors and leaders. Regular check-ins will be conducted to address any concerns, provide feedback, and ensure that volunteers feel confident and empowered in their roles.

Impactful Contributions: Make a tangible difference through outreach activities, fundraising campaigns, and educational events. Your involvement will directly impact individuals in need, whether it's providing immediate emotional support or helping fund key programs.

Skill Enhancement: As you gain hands-on experience in mental health support, crisis management, and community advocacy, you will refine your skills and gain a deeper understanding of the challenges individuals face in the mental health space.

***Commitment*:**

The Active Volunteering Phase will require consistent involvement over the course of 3 months. Volunteer hours and participation will vary depending on the role and availability. Flexibility will be provided in scheduling, with options for both online and offline volunteer tasks.

Primary communication:

Dissemination of important information/ resources and updates.

- Immediate Concerns:If the situation involves imminent danger to someone's safety (e.g., active suicidal ideation, threats of harm), immediately contact your designated supervisor or the emergency contact person. Do not wait.
- Non-Emergency Concerns: For all other concerns, your first step is to discuss the matter with your designated supervisor. This can be done verbally or in writing.

Monthly Check-ins:

These check-ins are designed to foster open communication and collaboration and will include:

- Group meetings with volunteers to address their concerns, gather feedback, and facilitate peer learning.
- Sharing our feedback with volunteers to ensure alignment and continuous improvement.
- Brief online meetings or calls to discuss progress, challenges, and upcoming activities. These sessions will be short and focused to maximize efficiency.