

# Volunteers Wanted

Share Your Story of Caring For a Loved One  
Living With A Mental Health Condition



Sharing Our Stories Program



Are you a friend, parent, sibling, family member or caregiver  
of someone living with a mental health condition?

NAMI Massachusetts is looking for individuals willing to  
share their story with community audiences such as  
schools, universities, workplaces, and faith communities.

For the qualifications & other  
information, please visit:  
[Namimass.org](http://Namimass.org)

**Volunteer Stipends  
and Transportation  
Costs Covered**



Contact us: [sford@namimass.org](mailto:sford@namimass.org)

# SOS Speaker Training



**Interested applicants should email Sarah Ford: [sford@namimass.org](mailto:sford@namimass.org) or apply directly on our website (use QR code).**

Please note training spots are limited. Following the interviews, selected applicants only, will be invited to participate in the training process to become a Sharing Our Stories (SOS) speaker.

## The SOS Training Process:

- 1-hour interview with NAMI Mass staff on Zoom: Potential speakers will be asked to briefly share their journey of caring for a loved one with a mental health condition. Staff will discuss logistics and expectations related to the program and answer any questions applicants might have.
- 2-hour pre-training session on Zoom: Trainees will watch an SOS presentation delivered by current SOS speakers and participate in a conversation about the speakers' experiences in the program. Thursday September 21 from 6-8pm.
- Self-paced at-home writing of story script rough draft: A training guide is provided to support trainees in writing a rough draft of their SOS story script. This must be completed before in-person training.
- Full-day in-person training: Trainees will receive feedback on their scripts, practice presenting their stories, learn how to answer audience questions and more.

## **2023 TRAINING DATE**

**TUESDAY OCTOBER 3RD, 9-6PM**

Virtual

Pre-training date: Thursday, September 21 from 6-8pm

## **We especially encourage you to apply if:**

- You have had police encounters related to your loved one's mental health journey
- You are a veteran of the armed forces
- You are Asian, Black or Latinx
- You speak Spanish or another language
- You have a diverse life experience: LGBTQ+, persons with disabilities, immigrants, refugees, formerly incarcerated individuals, etc.
- You can commit to volunteering for one year
- You can present at least once per month
- Willing to present in-person
- Available during the day Mon- Fri