



# BE AN E-HELPLINE VOLUNTEER

## WHAT IS OCD YOUTH?

OCD Youth is a peer-led community of under 25s affected by Obsessive Compulsive Disorder. It is run by OCD Action, the national charity for people affected by OCD in the UK.

This area of our work is youth-led, meaning that it is directed by a group of young OCD Youth volunteers. The group is known as the Youth Advisory Panel (YAP).

We run various activities in order to help increase access to support for young people with OCD, and to reduce stigma and raise awareness of the condition.

## WHAT DOES OCD YOUTH DO?

### Activity Days

Twice a year we run exciting outings for under 25s with OCD – from theme parks, to ten-pin bowling, to canoeing in the Lake District. These events are organised, promoted and delivered with the YAP. They provide an opportunity for young people with OCD to meet others with similar experiences, feel less isolated, and enjoy themselves in a safe and supportive environment.

“With a mixture of group support sessions and informal activities, the event was a great success and a testament to how valuable it can be just to share experiences with people who understand... Looking forward to the next one!”

### Online Hangouts

These are monthly video conferences for under 25s with OCD. They provide an opportunity for members of OCD Youth to connect with each other, discuss events and topics of interest, and catch up with the Youth Advisory Panel. The sessions are organised by the YAP and overseen by OCD Action.

### Training & Awareness

We deliver OCD awareness talks with staff and students in secondary schools, sixth form colleges, universities and other networks. These cover topics specific to OCD, as well as more general information about anxiety and other mental health difficulties, stigma, discrimination and bullying. They are delivered by qualified teacher volunteers and/or members of the YAP.

### OCDyouth.org

OCDyouth.org is a mini-site for young people with Obsessive Compulsive Disorder. The purpose of the site is to provide a platform for young people affected by OCD to get information, provide peer-support, and become part of the OCD Youth community.

“I've found it helpful to know I am not on my own. Seeing other people's posts and comments have helped me feel not so isolated. If you are having a bad day it's nice to know you can get support - or even having a good day it's great to share the news.”

### Social Media

The Youth Advisory Panel have set up OCD Youth social media accounts to engage with other under 25s with OCD. Twitter and Facebook help us to widen our reach and promote our activities, so that more young people affected know where to find us. Follow us on Twitter ([@OCDyouth](https://twitter.com/OCDyouth)) and Facebook ([/ocdyouth](https://www.facebook.com/ocdyouth))

**e-Helpline** (coming soon!)



## WHAT IS THE OCD YOUTH E-HELPLINE?

OCD Youth e-Helpline is a virtual (instant messaging) helpline, providing a listening and information support service to young people under 25 at both the pre- and post- diagnosis stages. This is a new Big Lottery funded service, which will be launched in September 2015.

The idea is for young people with OCD to be able to talk to someone a bit closer to their own age about what they're going through. With that in mind, e-Helpline Volunteers will consist of young people aged 18 – 30, who have personal experience of OCD.

## WHAT WILL VOLUNTEERING INVOLVE?

Volunteering roles can be as little as one hour per week, to as many as two days per week, depending on volunteers' time commitments. In addition, e-Helpline Volunteers are expected to attend a monthly online catch-up with the team.

Each e-Helpline volunteer term is usually one year, and volunteers are allowed to extend their term if they wish. Volunteering will normally be undertaken from home, but it may be possible to volunteer from the OCD Action office in London during opening hours.

For office-based volunteers, travel within the London area will be covered by the charity. For office-based volunteers working full days, lunch expenses will also be paid.

## WHAT TRAINING DO VOLUNTEERS GET?

All e-Helpline Volunteers will be expected to complete a minimum of eight hours' training, plus observation. Training will cover the following topics:

- About OCD and Related Conditions
- Young People and OCD
- Services and resources for young people with OCD
- Treatment for Young People with OCD
- OCD Action, Equality & Diversity
- OCD Action, Safeguarding & Child Protection
- Providing Text-Based Support
- Supporting Yourself and Others

Please be aware, training sessions will take place **online** and will be held on the **18<sup>th</sup>, 20<sup>th</sup>, 25<sup>th</sup> and 27<sup>th</sup> August**, from **7pm – 9pm**.

## WAY APPLY?

Becoming an e-Helpline is an excellent way for you to improve your skills. Volunteers gain experience in listening, communication, time-management and administration, which are highly valued at university and in the workplace.

Volunteering sets jobseekers apart from the rest, as volunteering shows commitment, responsibility and gives you experience to refer to in an interview. It is something that universities look for on UCAS forms too, as it shows that you are proactive, motivated and have gained relevant skills.

It is also an opportunity for you to test a possible future career path, meet new people, and make a difference in the lives of young people with OCD.

This role is open to anyone in the UK between the ages of 18 and 30, with personal experience of OCD. Successful applicants will be asked to undergo a Disclosure & Barring Service (DBS) check. The Youth and Young Adults Manager will be happy to answer any questions about this process.



# E-HELPLINE APPLICATION FORM

Name		
Date of birth		
Home address		
Contact email		
Contact telephone		
A bit about you & why you're applying		
A bit about what you think would make you suitable for the role:		
Home/office working? (delete as applicable)	Home: I already have an internet connection & computer access	Office: I'm based in London & can volunteer during working hours
Do you have any support needs to make us aware of?		
Equalities monitoring information (all questions are optional)	How would you describe your ethnicity?	
	How would you describe your gender?	
	How would you describe your sexuality?	

- Having read the information about e-Helpline volunteering on pages 1 and 2, I the applicant agree to attend the OCD Youth training and, if successful, to become an e-Helpline Volunteer.
- I, the applicant consent to OCD Action using information and assets I provide as part of OCD Youth in an internal and/or a public-facing capacity.
- I, the applicant consent to OCD Action collecting my personal information to enable participation in the OCD Youth e-Helpline.
- I, the applicant agree to other members of OCD Youth accessing my contact details to enable collaboration and peer-support
- I, the applicant agree that I will not privately contact or meet with any service user or member of OCD Youth/YAP without the supervision of an OCD Action member of staff.

Insert e-signature (create this online if you don't have one)		
<b>Signature:</b>		<b>Print name:</b>

Please send your completed form by 9am on **Monday 17<sup>th</sup> August** to Trish Macleod, Youth and Young Adults Manager: [trish@ocdaction.org.uk](mailto:trish@ocdaction.org.uk)/OCD Action, 506 Davina House, 137 Goswell Rd, London EC1V 7ET