



Volunteer Position Descriptions

Mental Wellness Action Team (MWAT) Member Position Description

Members of the MWAT will meet to develop and implement initiatives to increase community awareness of mental health and decrease stigma. Active participation along with creative thinking and ability to engage in implementation of plans is critical to volunteer member involvement.

Specific Responsibilities:

1. Attend monthly MWAT meetings online or in person
2. Engage in creation of programming for all ages
3. Participate in developing initiatives
4. Increase community access to resources
5. Use personal platforms to reach community members regarding initiatives
6. When applicable, assist with in-person programming logistics
7. Special tasks and projects on a case-by-case basis

Time Commitment:

1. Twelve MWAT meetings per year (~1 hour per meeting).
2. Special projects as appropriate.

Personal Qualities:

1. Dedication to spreading awareness about mental health
2. Ability to commit to engagement in discussions and projects
3. Creative thinker with ability to express innovative ideas
4. Ability to listen to others and provide support around the ideas of others
5. Interest in mental health resources and ability to seek out new ones
6. Access to personal networks to spread awareness

Serving as a member of the MWAT will provide you with the opportunities to:

1. Increase knowledge on local resources
2. Participate in our mission of decreasing the stigma
3. Provide North Reading with further mental health support
4. Work with other community professionals and other volunteers

Eligibility

Must work in, live in, or serve the North Reading community