

Midlothian Recovery Peer Connecting Service

Background Information

Health in Mind is one of Scotland's best-known and trusted mental health organisations. Since 1982, we've been promoting positive mental health and wellbeing in local communities across Scotland.

From our campaigns and collaborations through to our early intervention support and trauma-informed services, we aim to build hope, resilience and understanding of mental health and wellbeing.

Service Information

Health in Mind's Midlothian Recovery Peer Connecting Service supports adults, aged 18+ who have current or past experiences of their drug and/or alcohol recovery and looking for support in their recovery, and to improve their mental health and wellbeing.

As a Peer Connecting Volunteer, you will support someone on a one-to-one basis for 6 months for 1-2 hours per week. During this time, you will work with them to listen, understand how they are feeling, share experiences from your recovery journey and to explore what positive steps they can make in their lives. There may also be some opportunities to facilitate groups too.

Recovery peer support aims to bring together people with shared experiences with drug and/or alcohol recovery to connect with others in the community. It aims to support people to build their confidence, self-esteem and to feel more empowered and in control.

Role and responsibilities

As a peer volunteer,

- I have lived experience of drug and/or alcohol recovery as well as mental health difficulties, or experience of supporting others in these challenges.
- I can model a stable recovery journey for others, I have a minimum of 6 months of abstinence from substances.
- I develop mutually empowering relationships, sharing my personal experience of recovery.
- I understand that building positive, respectful relationships is at the heart of my effectiveness in this role.
- I update my supervisor with accounts of the support I provide demonstrating its quality and effectiveness.
- Keeping my supervisor informed about progress and challenges and be open to constructive feedback

- I have an understanding of the importance of confidentiality and protecting people's right to privacy
- My approach is empathic, compassionate, and trauma informed; putting people at the heart of all I do, ensuring support is offered when and how people need it and is accessible to all.

Qualities and skills required

- I am able and willing to share my personal story of recovery in a safe, intentional manner with the aim of empowering others to realise their potential
- Have an understanding and self-awareness of what keeps me well
- I have an awareness of when to ask for help

Commitment from you

- Work towards an understanding of appropriate peer relationship boundaries
- Willingness to work towards an understanding of mental health and wellbeing and of trauma informed practice
- Committing to uphold the Health in Mind values
- Agree to commit to this role for the [agreed term] for [agreed support hours] and agreed [support and supervision time]
- I contribute to improved internal communications by giving feedback on my experience as a volunteer
- Be an active member of a team and organisation and contribute ideas for improvement
- I take responsibility for managing my time effectively
- I will always project a positive image of Health in Mind

Our Commitment to you

- We will provide consistent support and guidance through regular individual supervision [and group supervision every x months] with [supervisor]
- We will share access to Health in Mind training, and other role relevant training identified
- We will support you to develop your communication, people, organisation and practice and developing your wellbeing toolkit
- We will share how your volunteering makes a difference to our work and those we support
- We will cover out of pocket expenses, in line with our Volunteer Expense Policy

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