



## Position Description - Community Champion Volunteer

### Position Description

<b>Position Statement</b>	PANDA's Community Champions are people inspired to help us spread the word about perinatal anxiety, depression and postnatal psychosis by sharing their unique stories as well as practical information.
<b>Location:</b>	Nationwide
<b>Commitment:</b>	Champions are encouraged to be involved in whatever capacity they are comfortable with that fits in with their lives.
<b>Collaborates with:</b>	Community Champions Project Coordinator and optionally other Community Champions
<b>Recruitment process</b>	Online application then phone interview

### Position Overview

The position is responsible for:

- Promoting the importance of early identification and treatment and reducing the stigma associated with perinatal anxiety and/or depression and postnatal psychosis.
- Raising awareness of perinatal anxiety, depression and postnatal psychosis and PANDA's services in their local communities.

The Community Champions Project Coordinator will provide ongoing support.

### Selection Criteria

Community Champions must have a lived experience of Perinatal Anxiety, Depression or Postnatal Psychosis - By personal experience we mean you have either experienced perinatal anxiety and/or depression or postnatal psychosis yourself or supported a partner or family member through their experience.

### Key Tasks and Responsibilities

#### Champion tasks/responsibilities can include:

1. Sharing your lived experience story of perinatal anxiety and/or depression or postnatal psychosis via:
  - a. PANDA's Website/Social Media
  - b. Media (Print, Radio, Online, Television)
  - c. Awareness raising projects
2. Raising community awareness about perinatal anxiety, depression and postnatal psychosis and promote PANDA's key messages
3. Promoting PANDA's National Helpline and website and any PANDA campaigns
4. Organising community awareness/fundraising events for PANDA
5. Participating in research projects and providing feedback or proof reading for new resources and projects

#### To protect our Community Champions and to limit liability tasks/responsibilities do not include:

1. Providing advice about perinatal anxiety, depression or postnatal psychosis treatment and care
2. Providing counselling to individuals affected by perinatal anxiety, depression or postnatal psychosis
3. Facilitating support groups or supported playgroups under the PANDA banner
4. Representing PANDA or speaking on behalf of PANDA in any capacity without PANDA's permission
5. Speaking in public forums to women and men who are at risk of perinatal mental illness
6. Promoting any personal or business interests through any Community Champion activities, networks or PANDA resources