

Outlive Peer Support Programme

Detailed Information Sheet
for Peer Supporters

What is Outlive?

Outlive is a four-year (2020-2024) youth suicide prevention programme addressing urban youth suicides in India. The programme is jointly implemented by the Centre for Mental Health Law & Policy, Indian Law Society (ILS), Sangath, and Quicksand Design Studio and is supported by Comic Relief, UK. Outlive addresses urban youth suicides in India by engaging young people aged 18-24, in particular those with experiences related to suicide, emotional distress, or mental health problems and belonging to marginalized communities in Delhi, Mumbai, and Pune.

What does peer support mean?

A peer is someone who belongs to a similar background or shares similar life experiences as you. It could be someone similar to you in age, gender, sexual orientation, social location, or any other identity. Having similar life experiences or backgrounds makes it easier for people to share their thoughts and feelings with someone and to understand what the other person is experiencing. Thus, peer support can refer to support that is provided by a peer, such as emotional support to someone experiencing distress, going through difficult life situations or having thoughts of suicide.



What is the Outlive Peer Support Programme?

Outlive is working to improve young people's access to peer support for suicide prevention. As part of the Outlive Peer Support Programme, we are training a network of youth volunteers to provide chat-based emotional support to young people who are experiencing emotional distress or having thoughts of ending their life. Youth volunteers selected through a 3-stage selection process will undergo a 20-hour training before being onboarded as Outlive Peer Supporters.

Peer Supporters will provide chat-based support through an android mobile app. They will be mentored and supported by trained peer mentors during regular individual & group mentoring sessions. Young people who are in distress will be able to access peer support via our chat-based web app.

The Peer Support Programme is volunteer driven – Peer Supporters provide emotional support on a volunteer basis and are not paid for the same. Young people in distress will be able to access chat-based emotional support free-of-cost.

Who can apply to become an Outlive Peer Supporter?

You don't need to have a background or qualification in mental health or suicide prevention to become an Outlive Peer Supporter. We are looking for young people who:

- *are 18-24 years old*
- *reside in Delhi, Mumbai, or Pune*
- *are fluent in English, Hindi, or Marathi*
- *own an android smartphone with internet access*
- *can commit to volunteering (online) for 3 months*
- *prefer texting over calling*
- *are keen to provide emotional support to young people in distress*
- *and most importantly, are passionate about youth suicide prevention!*

We have a 25-hour training for youth volunteers. Post training, we expect Peer Supporters to volunteer 6 hours per week (i.e. 3 hours x 2 days per week) for a minimum of 3 months.



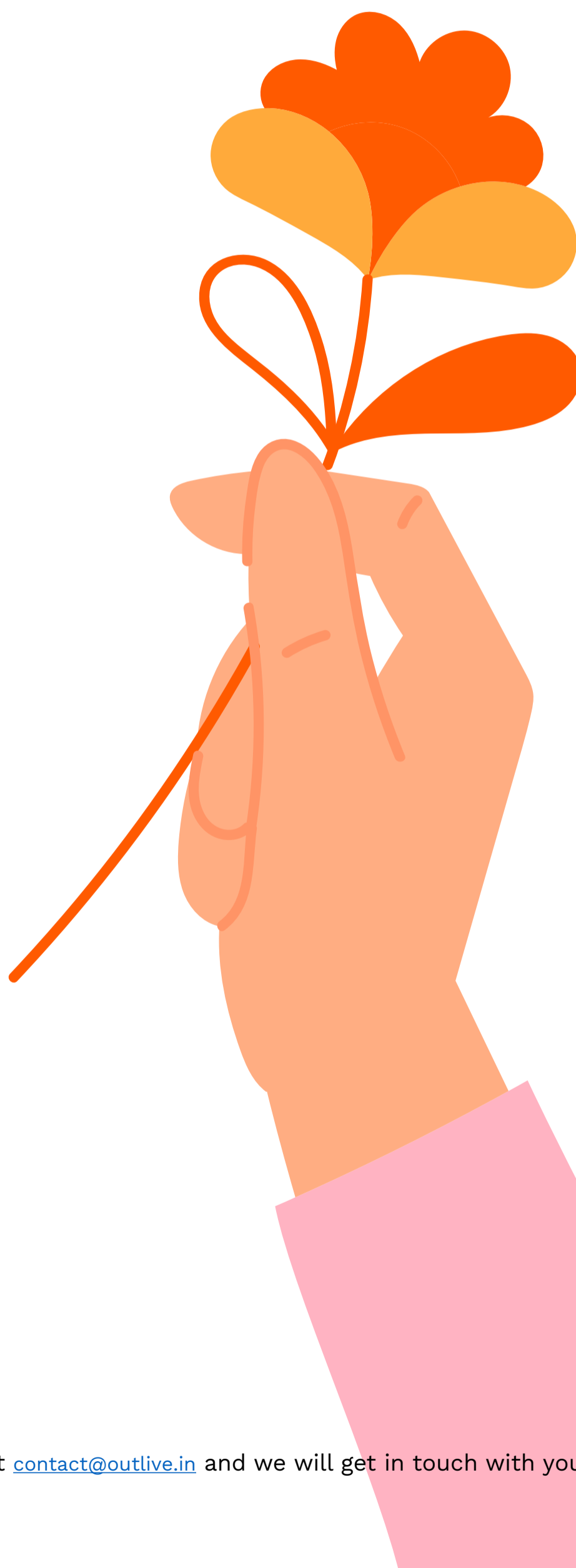
What can you expect as an Outlive Peer Supporter?

- As an Outlive Peer Supporter, you will help prevent urban youth suicides and make a difference!

- You will be trained in providing emotional support to young people (who are similar to you!) experiencing distress or having thoughts of suicide.

- You will refine your interpersonal communication and emotional support skills through the course of your work as a peer supporter. These are skills that will help you personally as well as professionally!

- You will be supported by youth Peer Mentors, who will help train you and guide you every step of the way on your journey as a Peer Supporter.



How can I become a Peer Supporter with Outlive?

We have a 3-stage selection process for youth interested in becoming peer supporters.

Stage 1: Written application form

This application form asks you about your personal details, work experience, motivation to become a peer supporter, and understanding of suicide prevention, so we can get to know you better. Applicants shortlisted in this stage will move on to the second stage of selection.

Stage 2: Personal interview

An Outlive team member will hold an online one-on-one interview with you to get to know you better and discuss your availability, interest, and motivation for the role of a peer supporter. Applicants shortlisted in this stage will move on to the third stage of selection.

Stage 3: Panel interview

We will hold an online panel interview with you to discuss more about your approach to youth suicide prevention and how well you might fit into the role of a peer supporter with Outlive.

Ready to apply for the Peer Supporter role?



Fill out the application form

Last date: 30th June

We will be getting in touch with shortlisted applicants over email.

If you have any questions for us, please write to us at contact@outlive.in and we will get in touch with you.

