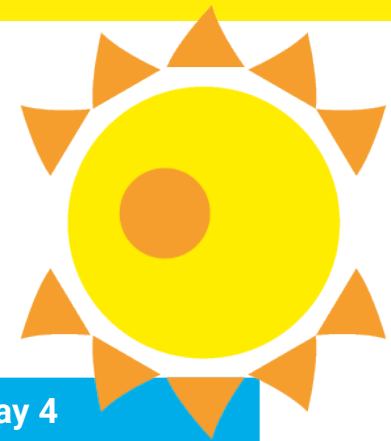


DRAFT PROGRAMME

SUPPORTING VOLUNTEERS' MENTAL HEALTH THROUGH MENTORING



	Day 1: What is mental health and what is my role in promoting it?	Day 2: How does stress affect us and what can we do about it?	Day 3 How can I support volunteers in distress?	Day 4 What is my organizational and personal support system?
Morning	Introducing programme and the participants	What does it mean to be a young volunteer	Dealing with emotions	Looking at the support system as whole
Day	Working principles as preconditions for tackling the mental health topic	Understanding stress	Providing support and Psychological First Aid	Looking at the support system as whole
Afternoon	Understanding mental health	Coping strategies	Signs of mental health difficulties in volunteers	Caring for own mental health and professional development