

Interested in volunteering?

Share the Spark supports young people at risk of suicide by providing them an opportunity to connect with passionate professionals and explore meaningful experiences that ignite a spark for life.

As a passionate professional volunteer, you:

- Are comfortable talking about suicide
- Will work with a young person to prevent the risk of suicidal thoughts becoming suicidal actions
- Show concern and respect for young people
- Are honest about how much you can do.

Our program is designed for busy passionate people with big hearts! We found that traditional mentoring programs were hard for professionals to participate in because the time commitment was too great and inflexible. And many mentorships require you cut contact permanently with your mentee after the program is completed, which can be upsetting for both the mentor and the mentee.

Share the Spark blends the best of mentor and sponsor approaches, and leaves the flexibility and time commitment up to you and your youth participant. By sharing your passion with a young person, by being open and simply listening, by showing (not telling) them that there are options, you can help them find meaning and purpose in life.

FAQ's

How much time is required?

We ask for a minimum commitment of 2 hours per fortnight once you have been paired with a young person. When and how you meet is up to the both of you. A few of our volunteers in distant locations use Skype, but most meet in person at their place of business. The maximum length of any pairing is two years.

What training do I get?

Volunteers undertake two hours of online suicide prevention training provided by Living Works and two hours of youth communication and support training provided by Share the Spark. We also give you tools and discussion guides to help start your conversations. And we have a team of people to support you any time, in any way you may need.

What am I supposed to do with the young person?

The most important thing you need to do is show them that you care and be there in a non-judgemental space to listen. You are not there to solve their problems, but to inspire them to find their own meaning. To do this you just have to be your passionate self, sharing what makes your own life meaningful.

When and how will I be matched with a youth?

Spark's youth participants freely choose who they wish to meet. Most young people meet several passionate professionals before it clicks between you. Once you are in our database as a volunteer, it usually takes 2-3 months before you find your match.

What if I need to take a break?

If you travel for work or go away on vacation we simply work with you and your young person to fit meet ups around your schedule. If you want a longer break or want to stop volunteering just give us two weeks' notice.

To become a Passionate Professional volunteer or for more information, please email us at succeed@sharethespark.org.au.



www.sharethespark.org.au