



Position Overview: Council Member – Veterans Mental Health Council

Position Overview

The Veterans Mental Health Council (VMHC) is seeking dedicated individuals passionate about empowering veterans and their families to achieve holistic well-being. As a council member, you will play an integral role in the council's mission to equip veterans and their families with the tools and knowledge needed to become self-sufficient advocates for their mental, emotional, and social needs. This role emphasizes empowerment, resource education, peer support, and fostering a resilient veteran community.

Key Responsibilities

Empowerment & Self-Advocacy

- Equip veterans and their families with the skills and confidence to advocate for their own needs.
- Foster a supportive "veterans helping veterans" environment where shared experiences and strategies build collective resilience.
- Engage in workshops, events, and outreach initiatives to strengthen self-advocacy among veterans.

Resource Identification & Utilization

- Provide education on accessing and navigating resources related to mental health, housing, employment, VA benefits, and substance use.
- Assist veterans and families in developing personalized plans to integrate these resources into their lives.
- Stay informed about emerging services and opportunities to share with the veteran community.

Outcome Measurement & Continuous Improvement

- Collaborate on surveys and assessments to evaluate program progress and effectiveness.
- Use feedback to propose new initiatives or refine existing services to meet evolving veteran needs.
- Share insights from lived or community experience to inform the council's decision-making.

Peer Support & Community Building

- Mentor and encourage veterans who have achieved stability to guide and support others.
- Help cultivate a community built on shared experiences, mutual assistance, and lasting well-being.
- Represent the council at events and actively contribute to the growth of its supportive network.



Our Philosophy

At VMHC, we believe in teaching veterans to "fish" by equipping them with the tools, resources, and knowledge to sustain themselves and support their peers. Through this ethos of empowerment and self-reliance, we foster a resilient and thriving veteran community.

Qualifications

- A connection to the military or veteran community (e.g., veteran, active-duty service member, family member, caregiver, or ally).
- A direct tie to mental health, either through personal experience living with a condition or as a supporter of someone who does.
- A commitment to the council's mission of empowering veterans and their families through advocacy, education, and support.
- Strong interpersonal and communication skills, with the ability to inspire and connect with diverse audiences.
- Availability to participate in council meetings, events, and initiatives (approximately 5-10 hours per month).

Preferred Experience

- Familiarity with resources available to veterans and their families, particularly in mental health, housing, and employment.
- Experience in public speaking, mentorship, or community organizing.
- Knowledge of veteran-specific challenges and systems, including VA benefits and healthcare services.

Benefits

- Be a catalyst for positive change in the lives of veterans and their families.
- Develop leadership skills and grow your impact within the military community.
- Join a supportive network of advocates and professionals dedicated to the well-being of veterans.

How to Apply

Interested candidates should submit a resume and a one-page statement detailing their connection to the military community, their experience with mental health, and why they are passionate about serving on the Veterans Mental Health Council. To apply, send a cover letter and resume to info@veteransmentalhealthcouncil.org.

Equal Opportunity

The Veterans Mental Health Council is committed to fostering an inclusive environment and encourages individuals from all backgrounds to apply. Diversity of experiences and perspectives strengthens our mission and community impact.

Join us in empowering veterans and their families to build self-sufficient, resilient lives while fostering a supportive, thriving community!