



Role title:	Perinatal Mental Health Peer Worker
Sector:	Not-for-Profit / Peer Support / Perinatal Mental Health / Emotional Wellbeing
Locations:	North Brisbane (Geebung) / South Brisbane (Mount Gravatt) / Moreton Bay (Caboolture)
Employment status:	Casual
Award:	<i>Social, Community, Home Care and Disability Services Industry Award 2010 (MA000100)</i>
Enquiries:	Nicola Akeroyd 0466 989 507 working@peachtree.org.au

About the role

Peach Tree Perinatal Wellness provides support for parents, partners, and families who are experiencing perinatal mental health challenges, such as ante- or post-natal depression and anxiety.

Our Perinatal Mental Health (PMH) Peer Workers have lived experience of mental health challenge(s) related to becoming a parent and/or parenting infants and young children. Lived experience must include a story of hope, re(dis)covery, and resilience.

The role of a PMH Peer Worker is to help build, support, and strengthen parents' resilience and social connections through education, targeted mental health facilitation, and peer-led group support. PMH Peer Workers work cohesively in a team to provide a safe, welcoming, non-judgemental environment for parents to connect and discuss perinatal mental health challenges freely and openly.

We have existing Peach Tree services within North Brisbane, South Brisbane, and Moreton Bay regions. PMH Peer Workers are based at one of our perinatal wellbeing hubs but may also be required to travel to other service locations, therefore own transport is essential.

The PMH Peer Worker role reports directly to the Team Leader. Peach Tree values and respects the unique skills and experience of all staff. We provide training, ongoing support, and professional development opportunities.

This role is suitable for individuals looking to re-enter the workforce after parental leave. Hours of work may include some evenings and/or weekends.

Peach Tree is an Equal Employment Opportunity employer and committed to engaging a diverse workforce. We strongly encourage applications from people with an Aboriginal and Torres Strait Islander background, people with disability, and people from diverse cultural and linguistic backgrounds.

What you will do

As a PMH Peer Worker, you will champion and model Peach Tree's values of Compassion, Truth, Respect, Support, Integrity, and Hope within all aspects of your work. You will:

- empower parents to take charge of their own emotional wellbeing and the decisions needing to be made around their perinatal mental health challenges.
- work within an appropriate Scope of Practice of a PMH Peer Worker.

- model a high level of self-awareness and commitment to self-care.
- adhere to organisational policies and procedures.
- work within an appropriate Duty of Care to all persons who access Peach Tree services, which includes COVID-19 workplace health and safety precautions.
- maintain a level of appearance and personal hygiene that supports professionalism.
- participate in mandatory training and regular mentoring meetings.

Your primary responsibilities will be:

- Facilitating group meetings and delivering education programs for parents with perinatal mental health challenges.
- Delivering social inclusion activities.
- Maintaining a safe environment for all parents and children by implementing our Atmosphere Guide (see 'Just Peachy' Peer Support Groups page at peachtree.org.au).
- Setting up and packing up resources/activities before and after groups, ensuring COVID-19 cleaning and hygiene requirements are met.
- Maintaining an accurate database and contributing to regular reporting.
- Meeting with parents who are new to Peach Tree to welcome them and provide information about how Peach Tree might assist them.
- Promoting Peach Tree to other perinatal and mental health support services and at community events.

What we're looking for

- Lived experience of perinatal mental health challenges, accompanied by experiences of personal recovery, and demonstrating stories of hope and resiliency.
- Capacity to relate to others from a perspective of shared experiences, and to assist a diverse range of people by modelling skills, confidence, and strategies in a manner both helpful and respectful to participants.
- Awareness of Trauma-Informed Care and Recovery-Oriented Practice.
- Ability to establish relationships and maintain appropriate boundaries with community members, both in one-on-one and group settings.
- Demonstrated ability to listen to and communicate effectively with service participants and peers.
- Demonstrated ability to work cooperatively in a team environment.
- Understanding of local perinatal mental health and community sectors and existing organisations, or a willingness to learn.
- Ability to assist and encourage participants to establish and maintain community connections and networks.
- Demonstrated ability to use self-reflection and feedback as an opportunity to improve.
- Model a high level of self-awareness and commitment to self-care.

PMH Peer Workers must have a current Working with Children Check (Blue Card) and be up to date with COVID-19 and Whooping Cough immunisations. (If a Blue Card is not currently held, Peach Tree will assist successful applicants to obtain this.)

Remuneration

The starting pay rate for this role is **\$30.95 per hour**, dependant on your relevant professional experience and skills.

Training and development

Peach Tree requires all PMH Peer Workers to attend an induction at Peach Tree House prior to employment commencement, and to participate in regular team meetings, organisational training, and professional development opportunities.

Peach Tree expects PMH Peer Workers may require foundational training in perinatal and infant mental health and/or peer work principles. Successful candidates must be willing to commit to and complete this training.

Interested?

Please complete an expression of interest here: <https://airtable.com/shrElwRT1ho8nNvgp>. We can then notify you when we have PMH Peer Worker roles available.