



SUNRISE

THE ROLE OF A SUNRISE FACILITATOR

- Please note that this role is on a voluntary basis.
- To help create a positive environment at our events, workshops and activities, where our attendees feel safe and supported.
- To commit to at least 2 events per year, and to be present for the duration of the event (which could be between 2 and 6 hours) and seek sufficient cover if you are unable to make an event.
- To complete the relevant training required to gain necessary skills to support our attendees in the safest way possible.
- To commit to attending supervision provided by Sunrise.
- To assist in directing attendees to professional mental health and other services if they need additional support.
- To commit to the role for a minimum of 12 months and give us plenty of notice if you wish to leave your role.

**To find out more, or if you have any questions,
please contact us at hello@sunrisecornwall.org.uk**



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AS A SUNRISE FACILITATOR YOU WILL RECEIVE

- Free training including ASIST, Mental Health First Aid and Safeguarding
- Access to Supervision
- Travel expenses
- A Sunrise beanie and t-shirt
- The opportunity to help shape the future of Sunrise by suggesting new ideas for events
- The experience of supporting people and making a positive difference to their lives.



"We are not a professional service, but we aim to use our lived experience of suicide loss to support other people when they need it most"

The Sunrise Team