

## BE THE CHANGE: VOLUNTEER AT WALK-IN!



**"I am so happy to be . . . where I can use my years of experience along with my heart and spiritual belief that quality therapy should not only be for the well insured or rich!" - Volunteer**

**WALK-IN** provides free, no-appointment, anonymous counseling every weekday. It is also the only clinic in the WORLD serving clients entirely with volunteer clinicians. Founded by Psychologists for Social Action in 1969, we have helped tens of thousands of people resolve personal problems by providing free, anonymous mental health counseling. During our counseling clinics we require no appointment.

You can be a volunteer **IN PERSON** or **ON ZOOM**. Here are the volunteer roles:

**Counselor:** Share your expertise; learn something new; renew your enthusiasm

- Counsel clients during counseling clinics and by appointment
- Work 1:1 with diverse individuals, older teens, couples and families about a variety of problems
- Assess and intervene in crisis situations
- Participate in team case consultation after each counseling clinic
- Offer referrals for alternative or additional services
- Share your perspective and wisdom with others, and gain from other's perspective and wisdom
- Work one counseling clinic (4 hours), typically every other week in Minneapolis or from your home on zoom.

**Team Consultant:** Inspire; be inspired; model; teach

- Support and guide volunteer counselors during counseling clinics
- Help identify therapeutic strategies or identify possible referral resources
- Co-create clinical team culture; facilitate team consultation after counseling clinic
- Share your perspective and wisdom
- Work one counseling clinic (4 hours), typically every other week in Minneapolis or from your home on zoom;

**Receptionist:** Be the first face clients see!

- Greet/welcome clients
- Coordinate client flow during counseling clinic with counselors and team consultant
- Participate in team case consultation after each counseling clinic.

As a volunteer, you donate your time and expertise so that others may benefit from no-cost single session or brief treatment care by highly trained counselors.

To learn more and fill out a volunteer application, visit <https://walkin.org/volunteer/>. If you have any questions, please contact executive director, Mary Weeks, at [mweeks@walkin.org](mailto:mweeks@walkin.org).

