



# Become a Men's Health Peer Education volunteer

Men's Health Peer Education (MHPE) is a national volunteer health literacy program aimed at raising the veteran community's awareness of men's health issues, the specific health and wellbeing impacts of military service and the benefits of early intervention. The program encourages veterans to adopt healthy behaviours, seek support early and share responsibility for their own health and wellbeing. As a volunteer for the program, you'll join a passionate team that contributes to improving the health and wellbeing of fellow veterans. Our volunteers operate under the MHPE values:

- **Commitment:** An unwavering dedication to our aims and the community we serve
- **Empathy:** A deep understanding of the challenges faced by veterans, enabling genuine support
- **Expertise:** Armed with knowledge and continuous learning to offer credible guidance
- **Leadership:** The ability to inspire and encourage positive health decisions among peers.

## How to become an MHPE volunteer

1. **Application:** Contact us through our website.
2. **Discussion:** We will reach out to further discuss your application, why you applied, and the skills you bring to the role.
3. **Induction:** If your application is successful, you'll be welcomed into our community and complete induction training, where you'll learn everything you need to know about being an MHPE volunteer.
4. **Commencement:** As a fully inducted volunteer, you can now begin your journey of making a difference.
5. **Ongoing training:** As an active volunteer, you'll take part in the ongoing Volunteer Training program to dive into the world of MHPE, and explore your role. As a new volunteer you will also receive access to an individual training plan, support from a Volunteer Representative and the opportunity to learn from experienced volunteers.

## You can make a difference today

The MHPE program is more than a volunteer opportunity; it's a chance to be part of an exciting veteran community program. You can contribute to a healthier, more informed veteran community, fostering resilience and wellbeing through education and support. Your role as an MHPE volunteer will empower veterans to take charge of their health, guided by your knowledge, empathy, and dedication.

### More information

For more information and to apply, visit our website at [www.dva.gov.au/mhpe](http://www.dva.gov.au/mhpe) or scan the QR code.



Become a part of the change and volunteer with MHPE today.

