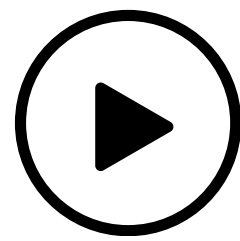


# Volunteer Opportunity

HELP CLUB | From **Very Real Help**



## What is Help Club?



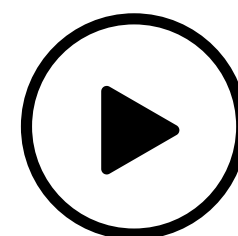
[Click here to see our \*\*TEDx\*\* talk about Help Club](#)

Help Club is an NIH and NSF-funded mental health peer support and clinical research platform designed to help people cope with challenges they may be facing in their lives. Our research is based out of Vanderbilt University in Dr. Steven Hollon's lab and is led by his graduate student Noah Robinson. We are seeking motivated and enthusiastic Helpers to facilitate mental health and recovery peer support groups in virtual reality.

In the app, members attend group meetings, learn **cognitive behavioral skills**, provide feedback, and learn how to help others. Help Club has over 500 members and 30 helpers leading groups every day of the week.

## Benefits of Being a Helper

- VR headset to participate
- Learn cognitive behavioral skills
- Gain clinical experience
- Explore research opportunities
- Learn how to help others!



[1 minute video of Help Club](#)

## What is a Helper?

As a Helper, you have the opportunity to learn clinical skills and receive guided training to effectively lead peer support groups. **The Helper position is ideal for students, those seeking a career in counseling, individuals interested in pursuing graduate school in psychology, or individuals who wish to go to medical school.** You will receive training in Cognitive Behavioral Intervention from **Dr. Steven Hollon** & Noah Robinson.



**HELP CLUB**  
VERY REAL HELP



**For more information about this volunteer opportunity, contact Natalie Strucinski at [natalie@veryrealhelp.com](mailto:natalie@veryrealhelp.com)**

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## Do I need any experience?

We are open and welcome to people of all backgrounds who are interested in learning clinical and helping skills. However, any experience you have will certainly help! You also do not need to have experience with a VR headset to participate.

## Who is Very Real Help?

Very Real Help is a startup out of Vanderbilt University that was created to build a peer-based cognitive behavioral intervention.

## What is the time commitment?

Helpers in training are required to attend one Help Club meeting (1 hour) and a training meeting (1 hour) each week. There will also be a training retreat when you begin (6-8 hours).



Provides a calming environment where patients can transport themselves to a world



Convenient, user-friendly tools to facilitate learning of coping strategies and tools.



Optional group and moderated community interaction providing a welcoming user experience.



Based on proven principles of Cognitive Behavioral Therapy.

## How do I join?

Contact **Natalie Strucinski** at [natalie@veryrealhelp.com](mailto:natalie@veryrealhelp.com). We'll send you over a form to fill out, answer any questions you may have and schedule an interview if it seems like a good fit.

## Will I get a VR headset?

If you go through our training and become a Helper, **you will be provided with an Oculus Quest** so that you can lead meetings!

## “ ACTUAL USER REACTION:

“It tricked my brain and made me believe I was in another world. I was in a state of bliss—my anger and anxieties went down.”

