



APPLICATION FOR BOARD DIRECTOR OF COUCH OF HOPE

“To provide free mental health counselling services to Nova Scotians.”

Couch of Hope is a community-based, professional, non-profit organization that seeks to make mental health counselling services more accessible. We provide free mental health counselling services to individuals who are impacted by barriers such as a lack of insurance, limited finances, or those on extended waitlists. Clients may self-refer or be referred by a third-party agency or community partner.

Our vision is that compassionate, inclusive, and client-tailored mental health counselling services are accessible for all.

Couch of Hope is seeking board members who value the mental health, well-being, and dignity of all. We are committed to advancing an inclusive, diverse, and equitable organization where everyone belongs. We welcome applications from all members of our community. We are working to ensure our organization represents the diversity of the people and communities we serve. We encourage members from the following communities to apply: Indigenous, African Nova Scotian and/or people of African descent, persons of Colour and/or racially visible minorities.

Please provide your contact information: (all fields are mandatory)

Name: _____

Address: _____

City, Province: _____

Contact Number for Calls: _____

Email Address: _____

If you agree with and support the Mission, Vision, and Values of Couch of Hope and are interested in volunteering as a member of the Board of Directors or on a Committee of the Board, please indicate in your responses that follow

1. I am interested in offering my services to Couch of Hope's Board of Directors or Board Committee because...

2. These are the strengths that I would bring to Couch of Hope...

3. These are some perspectives or philosophies regarding mental health services that might guide my decision-making...

4. I have skills and/or experiences in the following areas...

- Equity, Diversity, Inclusions
- Health Care or Clinical Administration
- Financial Management
- Risk Management
- Legal
- Political Acumen/Lobbying

- Government relations
- Quality Management
- Community and Corporate Sector Development and Advocacy

5. The following statement apply to me...

I understand and support the Mission, Vision, and Values of Couch of Hope.

Signature: _____

Date: _____

All positions are volunteer and unpaid.

*Thank you very much for your interest in serving on the Board of Directors and Board
Committees of Couch of Hope.*