

PRE-HEALTH OPPORTUNITIES



Looking for ways to help your community during the pandemic? Check out the different ways you can remain involved and engaged!

1 BECOME A COUNSELOR WITH CRISIS TEXT LINE

Crisis Text Line is the free, 24/7 text line for people in crisis in the United States. It is powered by volunteer crisis counselors who work remotely as long as they have a computer and secure internet connection. Crisis counselors, after going through training, answer texts from people in crisis and assist them with active listening, collaborative problem solving and safety planning. If interested go to <https://www.crisistextline.org/become-a-volunteer/>

2 SCAN BOOKS FOR PEOPLE WITH READING DISABILITIES

Scan or edit books for people with reading disabilities through Bookshare. If you have a scanner, you can scan books that they don't have in their collection. You can also proofread scanned files from other volunteers and format them! This can be done remotely. To apply visit: <https://www.bookshare.org/cms/get-involved/volunteer/opportunities-us>

3 HELP RAISE AWARENESS ABOUT PPE AND VENTILATORS

Help raise awareness and support for PPE, ventilators and senior support through Health4theWorld. They have different openings for remote volunteers. If you have experience with video editing, social media and writing or if you want to volunteer make sure to visit: <https://www.health4theworld.org/get-involved/>

4 BE AN ONLINE AMBASSADOR WITH ARK OF HOPE FOR CHILDREN

Ark of Hope empowers advocates to bring care and awareness to those victimized as children by human trafficking, child abuse and bullying. They have a lot of virtual volunteer options including Junior Listener, Listeners, Mentors and/or Survivor Coaches. To apply make sure to visit: <https://arkofhopeforchildren.org/support-us/volunteer>

5 ASSIST RESEARCHES WITH ZONIVERSE

Zooniverse offers remote volunteer opportunities for people willing to assist with classifications on data, being a beta tester on project they are planning to launch and being a moderator for a project. For more information visit: <https://www.zooniverse.org/get-involved>

6 SUPPORT SOMEONE UNDERGOING CHEMOTHERAPY

Send a card, letter or note once a week to someone undergoing chemotherapy with Chemo Angels. You will be assigned to a patient who you will encourage through different ways that you are comfortable with. To apply go here: <https://www.chemoangels.com/angel-pre-app>

7 PROVIDE TUTORING TO LOW-INCOME HIGH SCHOOL STUDENTS

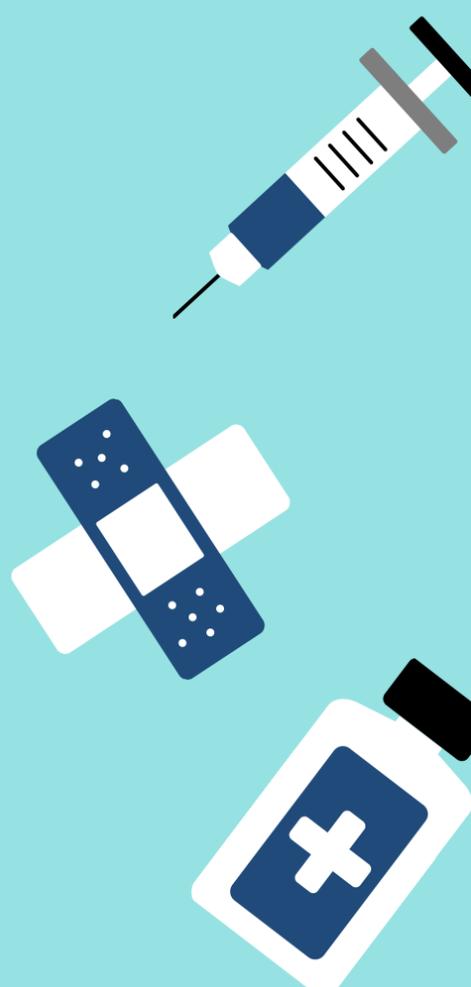
UPchieve is a free, online platform that connects low-income high school students in the US with live, volunteer coaches any time they need it. Their volunteer experience is very flexible. You can help students from anywhere with an internet connection. Get involved here: <https://upchieve.org/volunteer>

8 TRANSLATE MEDICAL TEXTS WITH TRANSLATORS WITHOUT BORDERS

You can volunteer with Translators Without Borders if you are fluent in at least one language other than your native language. This can be done remotely. To become a volunteer make sure to visit: <https://translatorswithoutborders.org/volunteer/>

9 FIND VIRTUAL OPPORTUNITIES ON POINT OF LIGHT'S HUB

If you have access to a computer, thousands of different volunteer projects and opportunities are available to you. Around the globe, many people volunteer virtually using their computers, internet and even their smart phones. Visit: <https://www.pointsoflight.org/get-involved/>



To discuss other volunteer options, make sure to talk to your MCB advisor: <https://go.illinois.edu/mcbappt>