
Volunteering

Supported volunteer roles
available across our services.

www.health-in-mind.org.uk



HELP
US HELP
OTHERS

“If I can give back to the CLEAR project what I have gotten out of it, this would help my recovery further.”

“After a recent house move my volunteer is helping me to settle in to the new area and has also helped me in practical ways.”

“My befriending volunteer is approachable and a good listener. Her company has been invaluable in my quest to begin to rebuild my social confidence.”

Everyone has the right to live a full and satisfying life. We can provide the tools, information and support to help you to cope with life's challenges and live the life that you want to live.

Volunteers play an important role at Health in Mind through bringing in new skills, knowledge and experience which greatly enrich the quality of our services.

Volunteering can mean helping people, but it is also an exchange – you offer your time, experience and skills and in return we can offer you the opportunity to take part in quality training, learn new skills, build up your confidence and meet new people.

Here are just a few examples of the types of role you can become involved in:

Befriending

You will be carefully matched to a service user and support them to become more confident, make connections, build friendships and rediscover who they are.

Community Connecting

In this role you will provide one to one support and encouragement to an older person to find out what services, activities and groups are available in their local area. This helps to rebuild lost confidence and offers the opportunity to try out new things.

Peer Support

If you are in recovery and feel that you can help support another service user by sharing your experiences and helping them along their recovery path, please contact us to find out about the opportunities available.

Information Services

Spare a few hours a week in our Information Resource Centre, supporting people to access information on mental health and wellbeing.

Fundraising

We are always looking for help to organise fundraising events and collections.

For further details and for a full list of current volunteer vacancies please visit our website.

Please note that for most roles we will be required to carry out background checks.

You can make a difference

People who use Health in Mind's services also help to shape them, ensuring that we continue to identify and meet need using creative and innovative approaches.



Our professional and trusted support staff and committed volunteers work in partnership to deliver a unique mix of services and training to promote mental health and wellbeing.

Get in touch with us

We have volunteers working in Edinburgh, Midlothian, East Lothian and the Borders. For further information on any of Health in Mind's services, volunteering and employment opportunities and our feedback/complaints procedure please contact us at:

Health in Mind
40 Shandwick Place
Edinburgh EH2 4RT

0131 225 8508
contactus@health-in-mind.org.uk
www.health-in-mind.org.uk

Please note that our office in Shandwick Place does not have a lift and is situated on the first and second floors. If you have restricted mobility, please contact us for further information and assistance.

Access mental health and wellbeing information online:
www.edspace.org.uk (Edinburgh)
www.midspace.co.uk (Midlothian)
www.eastspace.org.uk (East Lothian)

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