Volunteering
How you can make a difference

Health in Mind

With your mental health at heart

volunteer

Health in Mind is a charity promoting positive mental health and wellbeing in Scotland.

About Health in Mind

We've been promoting positive mental health and wellbeing in Scotland since 1982.

Our hopeful and caring approach supports and empowers each person to live the life they want to live.

We offer flexibility and choice through our range of services and support people to make changes and improve their quality of life.

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

Why volunteer with us?

Research has found that volunteering has a positive impact on mental health and wellbeing.

Our volunteers are vital to the support we provide. We could not support as many people without our volunteers alongside us and our connecting and befriending teams could not operate at all without them.

In return of offering your time, experience and skills, we offer you the opportunity to take part in quality training, the chance to learn new skills, build up your confidence, meet new people and make a difference to those using our services.

All volunteers receive support, supervision and ongoing training.

Volunteering roles

There's a wide range of volunteering roles within Health in Mind as most of our services are supported by volunteers.

Opportunities include:

- Befriending
- Fundraising support
- Administration support
- Group assistance
- Cafe assistant/cook
- Training support
- Peer support

We also have opportunities for people who are studying or training and are looking for work experience.

Our volunteer roles frequently change across our services in Edinburgh, Lothians and the Scottish Borders.

You can find more information about current roles by visiting our website.

How to become a volunteer

If you are interested in a particular role or want information about our current volunteer roles please contact us by:

- Calling us on 0131 225 8508
- Emailing us at contactus@ health-in-mind.org.uk

Once you make contact your enquiry will be passed on to the relevant team. Someone will then contact you with further information and to outline the next steps.

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

Further information

Our annual Volunteer Satisfaction Report can be found on the volunteer page on our website or you can request a copy by contacting us.

Health in Mind relies on donations and fundraising to provide support to people living in your local area.

To show your support please visit our website or call 0131 225 8508.

'I really cannot speak more highly of my volunteering experience - and have told almost everyone I know about it.'

Get in touch

For further information on Health in Mind services, volunteering, employment opportunities, feedback/ complaints procedures, or how you can support our work please contact us at:

📞 0131 225 8508

✉️ contactus@health-in-mind.org.uk

🌐 health-in-mind.org.uk

📍 40 Shandwick Place, Edinburgh EH2 4RT