



For better
mental health

Volunteering...

Volunteering with Mind in Taunton & West Somerset

Mind in Taunton and West Somerset is a local mental health charity affiliated to national Mind.

Our aims are to promote mental health and emotional well-being; encourage greater understanding of mental ill-health and distress; provide high quality mental health services and enable mental health service users to participate in the planning and delivery of services.

As a small organisation that has to raise all of its own funds we very much need and value the input of all our unpaid staff – as do those who need and use our services.

Many of our services would not exist if it were not for a dedicated team of volunteers. Mindline for example, our out-of-hours telephone helpline, is supported by a team of 20+ trained volunteers, without whom it would not be able to operate.

Presently we have volunteers working with us in a variety of ways including:

- ♦ In the office answering the phone and helping with administrative tasks
- ♦ With Mindline offering telephone support and information
- ♦ As community fundraisers – organising local events and promoting us and our services in the community

Whether or not you have a personal interest in mental health issues you will get a lot out of volunteering with us.

Make a difference - Volunteering gives you an opportunity to make a difference to people's lives in your community.

Improve your employability – Volunteering proves to your future employer that you have developed necessary skills & are a committed person.

Have fun – Volunteering is a fun and fulfilling allowing you to experience masses of opportunities not usually available to you.

Gain experience - Volunteering gives you a chance to get experience in a field you'd like to work in.

Access training – Many of the volunteer projects will include training, which will be useful both on the project and in later life.

Experience diversity – Volunteering gives you the chance to meet new people -perhaps people who you would not normally come across.

A number of the roles can be done from home, many are flexible and can be carried out around other commitments you may have.