



For better
mental health

Gain experience and personal development, while supporting the local community of Somerset by volunteering

Are you a good listener?

Interested in helping others?

Join the Mindline Somerset team

3 evenings a month with flexible dates to fit your timetable
(2x 8pm-midnight, 1x 6.45-9.15pm)

Travel expenses paid up to 15 miles from Taunton including taxi

Ideal for those wanting to improve their listening skills

All training provided including mental health awareness and telephone listening, and with regular monthly group supervision

Gain personal satisfaction and a sense of achievement by experiencing the diversity of telephone support

Applications encouraged from people who have had experience of mental distress or have an understanding of what mental distress may mean for others

For further information contact:
Mind in Taunton and West Somerset
01823 334906

Or
mindline@mindtws.org.uk
www.mindtws.org.uk



Mindline
Somerset