

SANE Services Volunteers wanted (London)

Would you like to help on one or more of:

Telephone, email and text services

Providing support to anyone affected by mental illness
including families, friends and carers



1. You DON'T need:

- Any previous experience or knowledge of mental illness.

2. However, if you CAN offer:

- Warmth, understanding and acceptance
- Good verbal and writing skills
- Self awareness and a willingness to learn
- An ability to commit to four hours a week (ability to cover weekends especially welcome!)

That's a really good start...

3. To find out more, please email volunteer@sane.org.uk.

4. We'll tell you about:

- Our regular Open Days/ Evenings when you can come and meet us
- How to apply if you think this is a good role for you

5. Our training course covers:

- Mental health conditions and treatments
- The mental health system and services
- Difference and stigma
- Working with common mental illnesses
- Working with more serious mental illnesses
- Working with psychosis, suicide and other challenging presentations
- Telephone skills
- E-mail and text skills

6. Following training you get:

- Ongoing support and training
- The satisfaction of knowing that you provide vital support for people in distress
- A supportive environment that fosters personal and professional development
- The opportunity to become a SANE Support Volunteer
- Occasional social and networking opportunities

If you think this role is for you, please email volunteer@sane.org.uk

Also, visit: http://www.sane.org.uk/how_you_can_help/volunteer/

Thank you!