Who are we looking for?

We are seeking reliable, committed, empathetic volunteers who have a passion for supporting individuals experiencing a variety of mental health conditions.

Volunteers must be aged 18 and over.

Interested?

1. Visit our website www.hertfordshiremind.org/volunteer-with-us and check out our volunteering opportunities or call 0203 727 3600 to speak with one of our Volunteer Coordinators
2. Download and complete an application form
3. Return to Hertfordshire Mind Network and we will be in touch to arrange an informal interview.

Due to the nature of our volunteering opportunities all volunteers are required to undertake training and complete reference/DBS checks prior to starting volunteering.

The contribution you will make to clients is invaluable. When an individual gives their time without payment, it brings an equality to the relationship with clients that is very special

Flexible and Corporate Volunteering Opportunities

For further details please call 0203 727 3600 to speak to one of our Volunteer Coordinators.

Contact Us

We offer volunteering opportunities in the following locations and surrounding areas:

Letchworth

Bishop's Stortford

Ware

Hemel Hempstead

Waltham Cross

Watford

Borehamwood
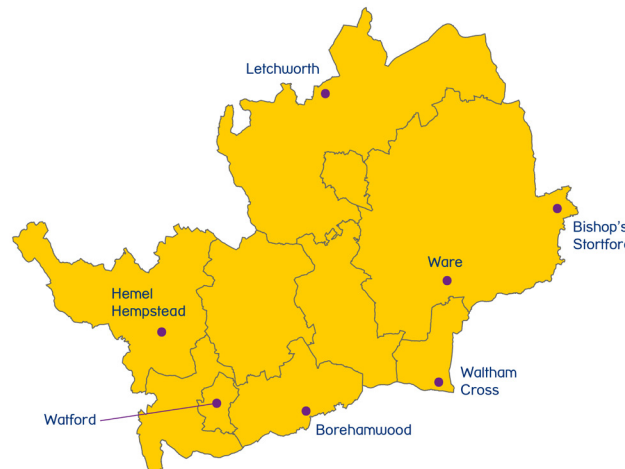
tel: **02037 273600**

email: **info@hertfordshiremind.org**

web: **www.hertfordshiremind.org**

f @HertsMindNetwork

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Volunteering at Hertfordshire Mind Network

Who we are

At Hertfordshire Mind Network we deliver essential mental health support across Hertfordshire, providing a diverse range of services to approximately 5,000 clients each year.

> I cannot thank Mind enough for the support at the lowest point of my life

Our Volunteers

Alongside our staff we have a committed team of over 100 volunteers providing support across all our services.

We are passionate about growing our volunteering team to enable us to continue delivering support to our clients and are excited to be able to offer a diverse range of volunteering roles across Hertfordshire.

Volunteering opportunities

We offer a range of exciting volunteering roles across Hertfordshire including:

NightLight & Crisis Support	Peer Mentors
Groups & Courses	Complex Needs
Admin & Fundraising	Hertswise
Student Placements	Volunteer Counsellors
Trustees	

For full details of each of the roles please visit our website www.hertfordshiremind.org/volunteer-with-us or call 02037 273600.

Why volunteer with Hertfordshire Mind Network?

As Hertfordshire's largest charitable provider of mental health services we can provide volunteers with:

» An opportunity to support people in your local community
» A diverse range of volunteering opportunities
» Ability to volunteer evenings and weekends
» Training and support relevant to the role
» Greater knowledge and understanding around mental health
» Experience of working in the mental health sector

What our volunteers say!

Don't just take our word for it; here is what some of our volunteers have said:

> Since volunteering I have met lovely, kind and friendly staff and volunteers. I feel part of a team, valued and appreciated. It is rewarding contributions to a worthwhile endeavour

> The best job I've ever had and I don't get paid for it!"

> Thank you very much for the opportunity, it has helped me to gain confidence in my abilities and helped me to get back into work

> Volunteering at Hertfordshire Mind has allowed me to get a better understanding of working in the field of mental health for my course

> I suffered with anxiety and depression throughout my teens and want to help those who are in a similar situation. Hertfordshire Mind has given me this opportunity