

## Interested?

For more information on our volunteer opportunities and role descriptions, please visit our website.

Download and complete our Volunteer Application Form and send to [volunteer@hertsmindnetwork.org](mailto:volunteer@hertsmindnetwork.org)

We will then be in touch to arrange an informal telephone interview.

If you have any questions, please don't hesitate to call us on **0203 727 3600**.

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

## Get in touch

**T: 0203 727 3600**

**E: [volunteer@hertsmindnetwork.org](mailto:volunteer@hertsmindnetwork.org)**

**W: [www.hertfordshiremind.org](http://www.hertfordshiremind.org)**

You can also follow us on social media.

## Who we are

At Hertfordshire Mind Network, we deliver essential mental health support across Hertfordshire, providing a diverse range of services for over 18 years and offering dedicated services for 5-18 year olds.

We create opportunities for individuals experiencing mental ill health to make choices, find their solutions, build resilience and manage their wellbeing.

We provide opportunities for individuals to access support to enable them to recover from or live with mental ill health.



# Volunteer with us



## Our volunteers

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

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

## Who are we looking for?

We are seeking reliable, committed, empathetic volunteers who have a passion for inspiring hope and supporting individuals experiencing mental ill health.

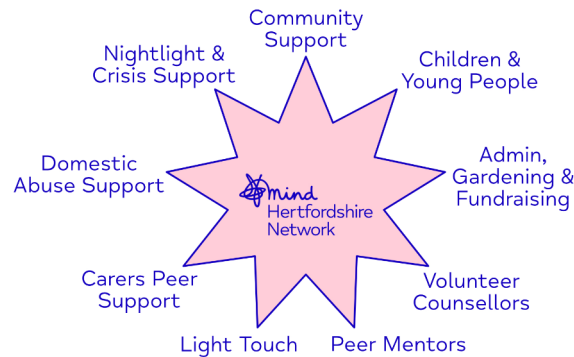
**“I felt that out of all the things I’d done in my life, this (volunteering with Hertfordshire Mind Network) was one of the most important.”**



## Volunteering opportunities

We offer a range of exciting volunteering roles across Hertfordshire, open to volunteers aged **18 years or over**.

These include:



Please note that new volunteer opportunities are created all the time, so may not be listed above.



**“The training at Hertfordshire Mind Network is first class, and equips you with everything you need to help others. The support within the Volunteer Team is always there if needed. I love volunteering and I hope to continue supporting others in need for many years to come.”**

## Why volunteer with us?

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

- ◆ An opportunity to support people in the local community.
- ◆ A diverse range of volunteering opportunities.
- ◆ We offer flexibility and the ability to volunteer evenings and weekends.
- ◆ Ongoing training, group supervisions and support relevant to the role.
- ◆ We can provide standard references if you have been volunteering continuously for more than 6 months with us.
- ◆ Greater knowledge and understanding around mental health.
- ◆ Invaluable experience of working in the mental health sector.

**“It is a wonderful feeling to know that I am valued and part of the volunteer team. The opportunity to meet other volunteers is so helpful, I feel grateful to be part of such a hardworking team and to have gained valuable experience.”**

