



Mental Health Support Work Volunteer

About JourneyMEN

We aim to help all men regardless of their age, background or mental health conditions. Our ambition is to reduce the number of suicides in our community, of which the vast majority are men, and help them get back on their feet again. We also aim to reduce feelings of isolation, especially during this current climate of alienation that Covid-19 has created.

What are we looking for?

- People that have experience working with mental health issues or that have specialised in the field
- Good interpersonal skills including empathy, active listening and communication
- The ability to remain calm under pressure
- Enthusiasm and a desire to help others
- Knowledge of risk management and safeguarding practises (can provide training)

What will you be doing?

- Having an active involvement in our men's lives, including face to face meetings (when permitted) and telephone/zoom calls
- Going on Walk & Talk events with the men and simply listening and chatting with them
- Delivering outreach in the local community promoting our mental health service
- Liaising with the relevant authorities and services in regard to different individuals
- Inputting data into our management system

What difference will you make?

You will be supporting a wide range of men and their families providing a potentially life-saving service. Not only will you be providing a critical service for the individuals and their families, but also the wider community by helping people realise their potential and value to society.

What's in it for the volunteer?

We run lots of training programmes at no cost to you, the volunteer, meaning there's opportunities to come away with different qualifications such as the Mental Health First Aider certificate. These courses will not only make you better at helping rebuild men's lives, but they will also give you a wider understanding of mental health in general.

For anyone wishing to apply or have an informal chat, please email phil@journeymencic.com or call on 0151 792 9159.

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