



The Mental Health Charter

VOLUNTEER PACK

Everything you need to know about how to
become a Mental Health Buddy!

FOR MORE INFORMATION CALL 0333 3355 999

What Is A Mental Health Buddy?



A Mental Health Buddy is someone who volunteers for The Mental Health Charter! This is a vital part of the Charter as without our amazing volunteers we wouldn't be able to spread the word far enough about just how vital taking care of your mental health really is!

Our mission -

Our mission is to have Mental Health Buddy's across the country speaking up about how important Mental Health care within the workplace is! If you're interested in becoming a Mental Health Buddy please turn to page 3 to find out how to apply!



How To Spread The Word

There's lots of ways that a volunteer can help us. Whether it's just sharing everything we post on social media or going round to your local businesses and handing out flyers. The possibilities are endless! See page 3 for explanation into our current kinds of volunteers.



Get Involved

We want to hear from you! If you have any amazing ideas or suggestions as to what you could be doing as a volunteer please don't hesitate to email them to info@mentalhealth-charter.co.uk with the subject "VOLUNTEER SUGGESTION"

Our Volunteer Roles



“Social Buddy” Role

Our Social Buddy role was designed for people who love to spend time scrolling through their social feeds looking for some positivity! Your role would be to like, comment and share all our social posts. Yes it really is that simple! By just sharing our material you’re helping to spread awareness of Mental Health in the workplace.

“Walking Buddy” Role

Our Walking Buddy role was designed for people who love to get out of the house and into their local community. Your mission would be to go round to your local businesses and spread awareness as to what they could be doing within their business to support their employees’ mental health. This is a vital part of making people aware of the importance of Mental Health support.

Fundraising Buddy

Nobody should face a mental health problem alone. We need your help so we can be there. This 2022 we want to make it our mission to raise as much awareness as to just how important it is to take care of your Mental Health while in the workplace. The workplace can cause a lot of stress for a lot of people and untreated stress could develop into burnout.

Check out our fundraising pack to get some ideas!



How To Apply

It Easy!

Theres 3 different options you could take to apply!

**You could visit our website at
<https://mentalhealth-charter.co.uk/>
and fill in the application on there!**

**You could give us a call on
0333 3355 999**

**Or you could simply turn the page,
fill in the application form and
post it to us!**

Application Form

NAME _____

EMAIL _____

PHONE _____

WHAT ROLE WOULD YOU LIKE TO APPLY FOR?

☐

Social Buddy

☐

Walking Buddy

☐

Fundraising Buddy

HOW MANY HOURS A WEEK WOULD YOU BE ABLE TO VOLUNTEER?

☐

1-2 hours a week

☐

2-4 hours a week

☐

5 or more hours a week

IF YOU TICKED THE WALKING BUDDY ROLE, PLEASE PROVIDE AN ADDRESS BELOW FOR MATERIALS TO BE SENT TO.

**Please fill in this form and either email over to
info@mentalhealth-charter.co.uk or send in the post to the
address below.**

**112 Charles House
Princes Court
Beam Heath Way
Nantwich
Cheshire
CW5 6PQ**

*thank
you*