

VOLUNTEERING



COUNSEL
TRAINING



VOLUNTEERING

Volunteers are at the heart of what we do. Every hour you give helps someone move toward recovery, hope and stability. When you volunteer with us, you support individuals and families affected by problematic alcohol or substance use and adverse mental health while gaining skills, confidence and purpose as part of a compassionate, inclusive team.

Positive Pathways

A supportive peer group that helps people build confidence, learn new skills and feel more connected. We offer opportunities for personal growth, whether someone is exploring their next steps or developing strengths that may support future volunteering or employment. What we do:

- Provide a safe, welcoming space that reduces isolation and encourages connection
- Support people to build confidence, skills and self-belief through shared experience
- Offer personal development opportunities that can help participants grow, contribute and move toward their goals

EXAMPLE VOLUNTEER ROLES

1. Peer Support Volunteer

Provide emotional and practical support to individuals in recovery, using empathy, encouragement, and active listening.

What You'll Do:

- Support beneficiaries during drop-ins, groups, or appointments
- Participate in recovery-focused conversations
- Signpost to services and wellbeing resources
- Help build confidence, routine, and hope

2. Outreach & Engagement Volunteer

Raise awareness in the wider community and help the public understand the support available.

What You'll Do:

- Represent at community events and campaigns
- Share resources and stigma-reducing information
- Promote training, groups, and wellbeing activities
- Support awareness stalls and public engagement initiatives

3. Digital & Social Media Volunteer

Create engaging digital content and help promote us across online platforms.

What You'll Do:

- Create posts, graphics, and short videos
- Support scheduling and uploading content
- Keep digital channels updated
- Promote campaigns and volunteer stories
- Support positive online messaging

4. Assertive Outreach Volunteer

Work alongside staff to proactively reach individuals who may be isolated, at risk, or not currently engaging with support.

What You'll Do:

- Join staff on targeted outreach sessions
- Support wellbeing check-ins
- Provide information and encouragement
- Help reconnect individuals with services
- Assist staff in gathering insights from lived experience

5. Volunteer Group Coordinator

Support the delivery of group activities that promote recovery, wellbeing, and social connection.

What You'll Do:

- Help plan and deliver group sessions
- Welcome attendees and encourage participation
- Support discussions and group activities
- Record attendance and gather feedback



What to Expect

Our volunteer programme is structured and supportive.

You'll receive:

- A full induction
- Training for your chosen role
- Ongoing supervision and wellbeing support

What You'll Gain

- Practical experience and transferable skills
- Understanding of recovery, mental health and community work
- Opportunities for personal development
- Recognition through certificates, awards and events
- A chance to make a real difference in people's lives

Volunteering Enquiries and Bookings

If you would like to explore volunteering with us, our team can talk through your interests, availability and any relevant experience. We will guide you through the application, induction and support process.

Call: 01592 321 321

Email: volunteer@ss-scot.org

Web: substancesupportscotland.org/volunteering



For opening times and further information
visit our website or scan the QR code

www.substancesupportscotland.org

