

Voluntary Work Opportunities

The Self Help Services is a user-led, mental health charity (charity No. 1122063, company No. 6036050) that is housed within Big Life Group - a collection of social businesses and charities.

We believe that people can help themselves through helping others...

Are you looking to...

- Have a rewarding experience working with a range of mental health care users.
- Use your existing knowledge and experience to help others and develop your skills.
- Get free compulsory and optional training courses on a range of areas of Primary Care Mental Health Care provision both internally through the Big Life Group, and externally through the Manchester Public Health and Development Service.
- Experience regular team meetings, monthly clinical supervision, & networking events.
- Get access to primary care mental health job opportunities.
- Gain work experience towards a range of careers including clinical/health Psychology, Counselling, mental health work within the NHS, social work, teaching, and academic research.

We are looking for people who...

- Have an empathic and caring nature; people who want to make a difference.
- Have personal experience of mental health conditions – self or friend/family member.
- Are reliable, committed, flexible, friendly, and non-discriminatory.
- Have knowledge of mental health conditions academically and/or in service.
- Can spare from a few hours each week upwards assisting in the provision of care for a local charity and can commit to a minimum of 6 months of service.

If this is you then please contact Ryan Fitzgerald (oldhamccb@selfhelpservices.org.uk, 0161 232 7854) to find out about volunteering in and around Oldham for our cCBT sessions; and Charlotte Handley (communityservices@selfhelpservices.org.uk, 07508340772) for information on volunteering for our drop in and structured groups.

Also, please contact our sister organisation Anxiety UK (info@anxietyuk.org.uk, 01612267727) for information about volunteering for Helpline and Live Chat Support roles.

For further information about these roles and all our services please visit:

www.selfhelpservices.org.uk
www.thebiglifegroup.com
www.anxietyuk.org.uk