



# Self Help Services

helping people to help themselves

## Volunteer Application form

**Name**

**Address**

**Telephone no.**

**Mobile no.**

**Email.**

**Date of Birth:**

**What skills/experience do you have relevant to the post you are applying for?**

**Please give details of any courses you have attended of relevance**

**When are you available to volunteer?**

**Have you had personal experience of living with a mental health problem?  
If so please give details.**

**Please give details of any work you have undertaken,  
whether paid or unpaid, relevant to this post?**

### **References**

Please give the names and addresses of two people who are not related to you.  
These people should ideally be able to comment on your suitability  
to this type of work. Full postal addresses are required.

**Referee 1**

**Referee 2:**