

Volunteer Support Workers Wanted (Various Locations Around Oldham)

To support people using computerised cognitive behavioural therapy packages

There is currently a nationwide drive to improve access to psychological therapies for those experiencing common mental health problems such as anxiety and depression.

Computerised Cognitive Behavioural Therapy (cCBT) services Are a key part of this initiative...

For over two years Self Help Services, a user-led mental health charity, has been offering people access to cCBT programmes such as 'Beating the Blues' and 'Living Life to the Full' at a number of locations in Greater Manchester. The services have been extremely successful with encouraging outcomes and good feedback from service users. During the courses our clients have been provided with support and assistance from volunteer cCBT support workers.

Our volunteers have found this an extremely rewarding experience, sometimes giving them more confidence to take up paid employment or take advantage of educational opportunities.

At this time we are looking for individuals with a passion for self help in mental health to work as volunteer cCBT support workers within the Oldham area.

Those applying should have some personal experience of anxiety or depression, or be interested in these areas. This volunteering role might be of particular interest to psychology students/graduates or people in the health and social care field. Training, line management and clinical supervision will be provided.

For further information please telephone Ryan Fitzgerald on (0161) 232 7854 or email oldhamccbt@selfhelpservices.org.uk.