



Volunteer

Crisis Pad Support

Hull and East Yorkshire Mind are looking for volunteers to help at Hull's Crisis Pad. Open seven nights a week from 6pm to 2am, the Crisis Pad is a safe space for people aged 18 and over from Hull and East Riding who are going through an emotional crisis or feeling distressed. It provides a calm environment to help people recover.

The service aims to:

- Offer support for people in mental health crisis, especially outside of regular hours.
- Help people manage their crisis with short-term support and self-care techniques.
- Reduce the number of hospital admissions and emergency service use by providing a safe alternative.

What does the role involve?

- Setting up the space, arranging drinks, and getting things ready for the session.
- Welcoming people, sitting with them, offering one-on-one support, or encouraging them to join group activities.
- Supporting the group, and letting staff know if there are any issues.
- Keeping everything confidential and maintaining professional boundaries.
- Helping to clean up after the session.
- Taking part in training.

What skills do I need?

- Good communication skills.
- The ability to motivate yourself and others.
- The ability to work on your own initiative.
- Flexibility, resilience, and reliability.
- Staying calm in emotional situations.

What will I gain?

- Experience working with people over 18 who have mental health challenges.
- A deeper understanding of mental health and how it affects people.
- Improved communication and organisational skills.
- The opportunity to be part of a supportive team and meet new people.
- Full training, ongoing support, and supervisions.

What happens next?



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