



Volunteer

Men's Group Support

At Hull and East Yorkshire Mind, we're looking for a volunteer to support our Men's Group. This role is ideal for someone who has personal experience with mental health issues and understands the isolation and stigma that men with mental health challenges often face.

What does the role involve?

- Leading and facilitating group sessions.
- Encouraging and supporting group members to share and engage.
- Helping to organise and attend group outings to various venues.
- Providing transport for group members when needed (having a car is helpful but not essential).

What skills and experience do I need?

- Personal experience with mental health issues and a deep understanding of the related challenges.
- Previous experience in running groups is beneficial.
- Comfort and confidence in talking with and encouraging others.
- Ability to build rapport and create a supportive environment.
- A positive, empathetic attitude.
- Reliability and a willingness to get involved.

What will I gain from volunteering in this role?

- The satisfaction of helping others who face similar challenges.
- A deeper understanding of mental health issues and their impact.
- Experience in leading and facilitating group activities.
- Improved communication and organisational skills.
- The opportunity to be part of a supportive team and meet new people.
- Full support from our team and access to training and supervision.

What happens next?



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