



## Volunteer

### DBT Recovery Service Group Support

Hull and East Yorkshire Mind are looking for volunteers to support the DBT (Dialectical Behaviour Therapy) service, which works in partnership with ReNew. This service runs an 8-week course with 6-12 participants in each session. In addition to the group work, participants also receive weekly one-to-one support from a member of staff.

#### What does the role involve?

- Supporting staff in running group sessions.
- Assisting with administrative tasks.
- Interacting face-to-face with service users (not required)

#### What skills and experience do I need?

- Experience communicating with service users.
- Experience in mental health and/or drug addiction support is desirable.

#### What will I gain from volunteering in this role?

- A strong understanding of working with individuals dealing with both poor mental health and substance misuse.
- Confidence in working with groups of service users.
- Improved administrative skills.

#### What happens next?



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