



# Volunteer with us

Mind BLMK has lots of different volunteering roles that are essential for us to help as many people as we do – everything from helping with admin at HQ, to being a mentor and supporting someone in their community.

We provide training and support, pay travel and expenses and we see our volunteers as an essential part of our workforce. Without our volunteers, we would really struggle.

## Why volunteer with Mind BLMK?

- Training, support and access to ongoing development
- Volunteering is really good for your health, helps maintain wellbeing and makes you feel good
- By working with Mind BLMK, you can gain valuable experience, skills and knowledge
- To make a real change to people's lives

## Want to get involved?

Take a look at the options we have on our website . If you see something you think would work for you, fill in the form and let's get started!

Once we receive your application, we'll arrange an informal meeting and discuss the role. If successful, you will receive a full induction, we'll check your references and make sure that you have all you need to start the role.

## For more information, please contact:

e: [volunteering@mind-blmk.org.uk](mailto:volunteering@mind-blmk.org.uk)  
t: 0300 330 0648



[www.mind-blmk.org.uk](http://www.mind-blmk.org.uk)

Charity No. 1068724