

## Who can apply?

We are looking for volunteers who meet the following criteria:

- ➔ An experienced mental health carer/supporter.
- ➔ Living in Glasgow.
- ➔ Able to manage current personal / professional / family responsibilities without feeling frequently over-burdened.
- ➔ Able to manage personal stress levels and wellbeing, either with or without the help of support services.
- ➔ Able to offer stable commitments to regular meetings with the person you are supporting.

Your personal qualities are just as important as any skills or work experience you may have. If you think you might be interested, email or call using the details provided.



This Big Lottery funded project is running in Glasgow, managed by the Mental Health Foundation in partnership with Glasgow Association for Mental Health. Peer mentoring presents a unique opportunity for mental health carers and supporters to connect with each other and the local community.

There are a quite a few ways to get involved in the project. You can volunteer as a peer mentor; request support from a peer mentor; volunteer some time to take part in the project steering group; or simply ask to be kept in the loop.

Let us know if you are interested in getting involved.

## Ways to get in touch:

By post: Re:connect  
Glasgow Association  
for Mental Health (GAMH)  
St Andrews by the Green  
33 Turnbull Street  
Glasgow  
G1 5PR

By telephone: 0141 552 5592  
07593947348

By email: [reconnect@gamh.org.uk](mailto:reconnect@gamh.org.uk)

[www.mentalhealth.org.uk/carersproject](http://www.mentalhealth.org.uk/carersproject)

# VOLUNTEER WITH RE:CONNECT



## ARE YOU A MENTAL HEALTH CARER WITH EXPERIENCES TO SHARE?

Re:connect provides unique volunteering opportunities where you can use your experience to help other mental health carers in your community who are struggling.

## Is The Re:connect Project For Me?

### Do you:

- ➔ Have experience giving care or support to someone with a mental health problem?
- ➔ Feel that you have overcome challenges within this role and recognise that others will experience similar challenges?
- ➔ Have a desire to help others?
- ➔ Want a fresh challenge?
- ➔ Want to add more structure and purpose to your week?



## What does it involve?

The Re:connect project brings together mental health carers for one-to-one support. As a volunteer peer mentor, you will help another mental health carer to identify ways to boost their wellbeing and cope better when times are tough.

You will be matched with someone who may be new to the role or experiencing specific difficulties.

At each meeting you will support the other participant to talk about their experiences and take steps towards greater wellbeing. You will meet in a community setting; perhaps in a local café or in the home of the person you are supporting.

### As a mentor, you will:

- ➔ Meet with another mental health carer on a regular basis.
- ➔ Listen carefully to them.
- ➔ Help them to explore their options.
- ➔ Support them to identify meaningful goals and life-changes.
- ➔ Support them to improve their situation and their wellbeing.
- ➔ Receive regular support and supervision from the volunteer coordinator.

## The benefits of getting involved...

### The project will give you:

- ➔ Increased self-confidence and a sense of achievement.
- ➔ Skills for managing your own wellbeing.
- ➔ Active community involvement.
- ➔ Completion of a training programme.
- ➔ Work experience relevant for a range of career paths: support work, counselling, social work etc.
- ➔ A reference for future employment.

