

## Mental Health

### MATES Volunteer –North West

- Ongoing,
- 1hour per week or 2 hours per fortnight minimum requirement
- North West area

#### **The program**

Mental health issues affect all of us, either directly or as a family member, carer, friend or workmate of a person with a mental illness.

Red Cross works from a socially inclusive approach to remove the stigma around mental health issues, to provide informal supports and promote the participation of people with a mental illness in the community. We do this by matching volunteers with a socially isolated individual experiencing mental illness.

The Mates program focusses on the person, their strengths and abilities, rather than their mental illness.

#### **The opportunity**

This role suits someone over the age of 18 who is a good listener and can commit to minimum one hour a fortnight for a social visit with an individual in the North West region where you broaden social networks by participating in activities outside the individual's home environment.

#### **The impact**

As a MATES volunteer, you'll brighten the life of someone suffering vulnerability by offering them company and friendship and helping to open doors to other new friendships. Red Cross will ensure you have training, ongoing support and access to other opportunities within the World's largest humanitarian network.

For more information, please see the volunteer role description or contact [contact name and phone number]

***Aboriginal and Torres Strait Islander people are strongly encouraged to apply.***