

VOLUNTEERING

AT MENTAL HEALTH MATTERS WALES

MHM Wales has a range of volunteering opportunities to suit your availability or skill level. Volunteering with us will help you to gain valuable experience. You'll receive free training, have your 'out of pocket' expenses paid, and make new friends

We have volunteering opportunities in the following areas :

- Wellbeing services**
- Dementia services**
- Peer support groups**
- Counselling/Therapeutic services**
- Seasonal volunteering**

**For more information on volunteering with
Mental Health Matters Wales
contact volunteering@mhmwales.org
or visit www.mhmwales.org.uk**



**MENTAL HEALTH
MATTERS WALES**

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