



Volunteers and Mental Health

Discussion Summary

How do you know if a volunteer is struggling with their mental health?

- Ask in registration form or at induction
- Support and/or supervision (at a level appropriate to the role)
- Explain role clearly to volunteer
- Learn individual triggers
- Be aware that people find it hard to open up and be mindful of individual wellbeing

What to do if you notice a deterioration

- Be mindful of the situation the volunteer may be in.
- Be honest about your concerns and give the volunteer a way out.
- Be transparent with your own mental health.

Roles

- Flexibility
- Risk Assess
- Sufficient Support
- Meet volunteer before group arrive
- Easing in
- Taster sessions
- Have a buddy system



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Stepping Down or needing a break from role

- Encourage volunteers to be honest about mental health
- Often easier to blame on physical health (elephant in the room)

Priorities highlighted by the group

- Being open and talking about it from the start
- Making sure volunteers know who they can talk to if they are having problems
- Giving People options

Good practice identified by the group

- Identify mental health champions