Volunteer to Help Raise Awareness of Mental Health Issues

Organisation: Mind Blank Inc

Project description: Mind Blank is a not-for-profit organisation which increases community awareness of mental health issues, particularly those affecting young people, and to do so in a creative, interesting and engaging way.

Requirements:
We are searching for volunteers who would like to get involved to support both our marketing and finance teams. Tasks for our volunteer roles include;

• Supporting executive committee members by participating actively and constructively in committee meetings
• Helping the organisation with activities such as fundraise planning and implementation

How do I apply?
Simply email us at mindblankinc@yahoo.com.au and leave your contact details with our team who will get back to you shortly.

Organisation: St Vincent de Paul Society Youth and Young Adults

Project description:
Compeer Friends: Volunteers are matched with a person living with a mental illness to meet every week for a coffee, chat or social outing.

Time Frame:
1 hour per week for one year.

Requirements:
Training and support by mental health professionals will be provided.

To get involved:
Contact: Compeer Illawarra – Shoalhaven
Phone: 02 4276 4229
Email: compeer@svdpwgong.org.au
Or check out the website http://vinnies.org.au/compeer-program-nsw