



# VOLUNTEER WITH SEE ME!

[VISIT OUR WEBSITE](#)

## MAKE A DIFFERENCE

We are really excited to announce that we are now recruiting for new volunteers.

Volunteers who have experienced mental health problems are at the heart of our work and are involved in every aspect of what we do.

If you have experience of a mental health problem and would like to make a real change to people's lives by tackling mental health stigma and discrimination, we'd love to hear from you.

We would like our volunteers to represent as many different communities and experiences as possible, so we'd really appreciate it if you could share this

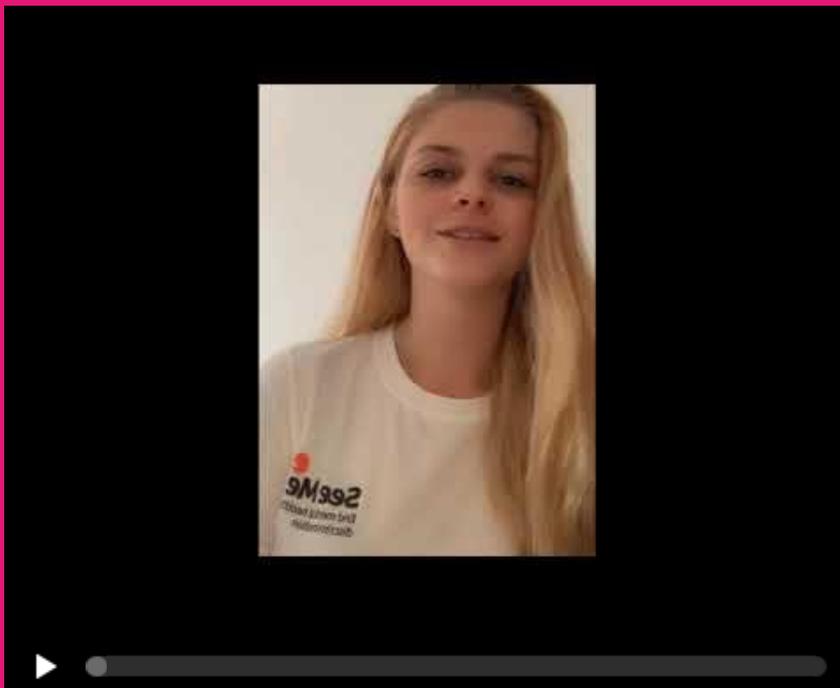
information with your friends, family, colleagues, or anyone else who you think might be interested in contributing to our important work.

In this edition of See Change, we'll be sharing a bit more about what it's like to volunteer with See Me, what it involves and how it can benefit you – or someone you know.

## Our volunteers

Current See Me volunteers have [created some short films](#) to give you a little bit more information about what it's like to volunteer with See Me.

As Kirsty says, after her first encounter with See Me: “I got such a buzz from being surrounded by people who all shared the same passion for contributing to the change by challenging mental health stigma and discrimination.”





[Watch more](#)

## ONLINE INFORMATION SESSIONS



In October, we'll be holding two online information days for anyone who would like to find out more about becoming a See Me volunteer.

This is a two-hour long session, hosted on Zoom with good comfort breaks. There will be a chance to meet and hear from See Me staff and current volunteers, to find out

about the kind of activities you can expect to get involved in and ask any questions you may have.

The sessions will take place on:

- Thursday 7 October, from 2pm - 4pm
- Tuesday 19 October from 6pm - 8pm

[Sign up for the session that suits you!](#)

**Sign up to attend**



**How to apply**

If you'd like to become one of our new volunteers, all you need to do is fill in an application form. You can do this in one of two ways:

- [Fill in our online form](#)
- Or [download a Word document version](#) – once completed, please email this to [info@seemescotland.org](mailto:info@seemescotland.org)

When you come to apply, please take time to read the [role description](#) and complete the application form as fully as you can. If writing an application is not the right thing for you, please feel free to film yourself instead.

We really want to hear about why you want to volunteer and if there are things you are particularly interested in – this could be a specific area of See Me ([workplaces](#), [education and youth work settings](#), [health and social care settings](#), [communities](#)) and also any activities you think sound interesting, whether that's running events, speaking to the media to share your story and opinions, helping to design resources, or taking action in your local community, and encouraging others to join you.

You don't need to tell us anything about your own mental health unless you choose to.

[Apply here](#)





# DATES FOR YOUR DIARY



The deadline for applications is **Friday 29 October at 5pm.**

Interviews will take place on **3, 10 and 17 November.**

Our new volunteer induction day will take place on **Monday 6 December.**

We may not be able to accept every applicant at this time. We are limited by the number of volunteers we can support to join See Me at any particular time. If you are not successful on this occasion, we will be in touch to suggest some alternative next steps.

## **Any questions?**

If you have any questions about volunteering with See Me or the application process, get in touch at [info@seemescotland.org](mailto:info@seemescotland.org).

You can also check out the newly-updated [volunteering page](#) on the website.

[Get more information](#)

## Tell us what you think!



We're really keen to know what you think about our new style mail out.

Please fill out our feedback form below so we know how to make stuff you like!

[Give Us Feedback](#)

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