

# Exciting Volunteer Opportunity



Do you feel you could give some of your time to help Tameside Oldham and Glossop Mind? (TOG Mind)

TOG Mind are looking for people who have good communication skills to assist with the delivery of our Oldham 'Improving Access to Psychological Therapies' (IAPT) program.

**Based in Oldham town centre at the Positive Steps building.**

Working on a one to one basis with our client referrals you will be responsible for carrying out assessments, helping our clients to develop understanding and coping strategies to help with their mental health wellbeing and or signposting to more appropriate services.

**This volunteer role would be ideal for those who have an interest in Mental health work and...**

- Have some experience of working 1 to 1 -1 with vulnerable people or
- Are retired people who have an interest in mental health support or
- Are students looking for Practical experience or
- Would like to explore possible career routes.

All our volunteers receive full training and support from experienced and qualified practitioners.

Along with being associated with a highly respected Mental Health charity You will also enjoy benefits of having access to other courses via TOG Minds Training Academy.

Please register your interest via our webpage <https://www.togmind.org/content/volunteer-adults>

[www.togmind.org](http://www.togmind.org)

Registered charity no. 6340472



Tameside, Oldham  
and Glossop