

How can you help Make a Difference

Be a listening ear

Provide sign-posting to the relevant support

Buddy system

Provide basic guidance and encouragement

Activities and Events

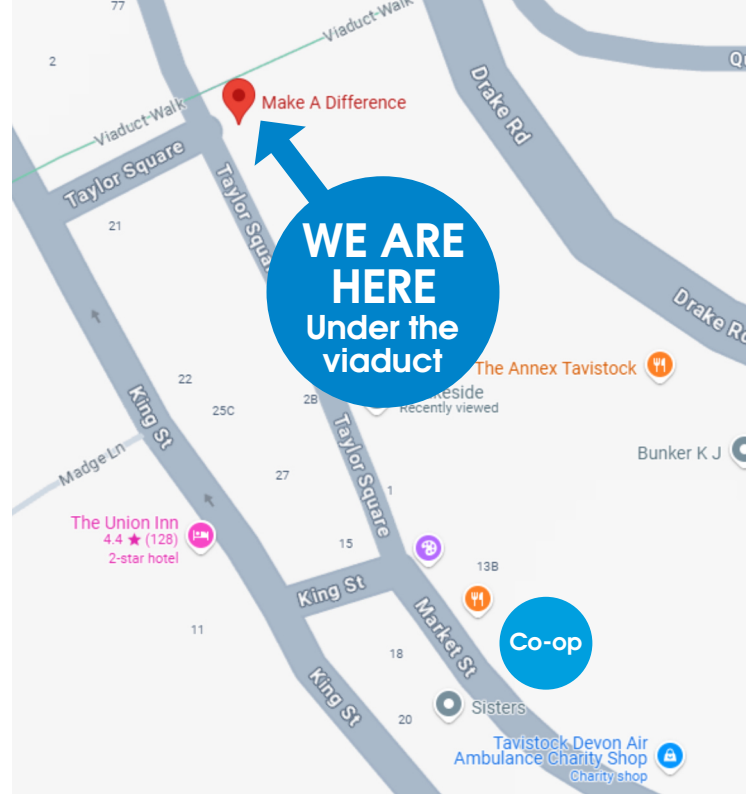
Teaching

Note: We are not asking you to be a therapist sometimes a simple bit of guidance or learned advice can be useful when someone cannot see any other way.

NEED HELP NOW?

Request Mental Health Support

Call 111



The Arches, Taylor Square,
Tavistock, Devon,
PL19 0DG

makeadifferencetavistock.org

secretary@makeadifferencetavistock.org

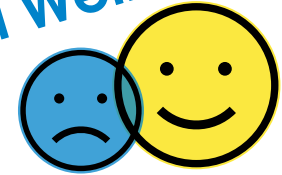
01822 613746

(Please note that we cannot always answer the phone so please leave a message)



MAKE A DIFFERENCE

Mental Wellbeing Hub



Available to volunteer?

As your local Mental Wellbeing Charity we provide a facility to:

- Listen without judgement
- Activities and events
- Learning new skills
- Share Experiences
- Mindfulness

what3words
///Bucket.Draw.Beast

YOU CAN MAKE A DIFFERENCE

DID YOU KNOW?

What does a Volunteer do?

The Three C's

We all experience mental wellbeing issues at some point in our lives and having a place to go, to talk openly about our thoughts, feelings and experiences helps us all.

At least **one in four** people experience poor mental health

At least **one in five** people have suicidal thoughts

Only **one in eight** people get treatment

You can volunteer in a number of ways including but not limited to:

- Helping in our kitchen/cafe
- Being a listening ear
- Simple and helpful advice
- Facilitating trips
- Teaching new skills
- Introductions to others
- Sharing experiences
- Mindfulness
- Cleaning
- Repairs
- Maintenance
- Buddy System
- Fundraising
- Playing Games
- Fitness
- Classes
- Arts and Crafts
- Cooking
- Woodwork
- And more!

Consistency, Clarity and Consideration

If you can volunteer be consistent and clear on what you can and cannot do. Don't over promise and under deliver.

Be clear on where you stand as a volunteer. We would never expect any volunteer to become a personal carer or organise personal matters for people. Sign posting is key in this matter.

Please be considerate of all those around you; the different walks of life, the different stages of mental wellbeing and the mental health they suffer with. Additionally, please consider that what they have told you is in confidence and whilst can be discussed within Make a Difference should not be discussed outside.

