

BAME Mental Health Online/Telephone Support Project

Are you from a Black, Asian, and minority ethnic community? Are you able to speak multiple languages? Have you experienced mental ill health? Are you keen to support individuals suffering from mental ill health? Are you 18 or over?

Diverse Cymru are looking for volunteers to support BAME individuals who have mental ill health, helping to improve their mental wellbeing in an all-Wales project.

What's involved?


Support BAME people or groups via online/telephone through:

- ✓ Workshops
- ✓ Discussions
- ✓ Support groups
- ✓ Peer to Peer Support

Identify activities with the individual or groups to help them to improve their mental wellbeing.

Attending regular support meetings with your supervisor.

FOR MORE INFORMATION, GET IN TOUCH:

 07932 512 240

 tubasum.munawar@diverse.cymru

Desirable qualities

- ✓ A good communicator, flexible and a team player
- ✓ Good listener
- ✓ Interest and Commitment to reducing digital exclusion
- ✓ Interest and ability to communicate with people from different parts of Wales
- ✓ Multilingual volunteers are welcome

Benefits offered

- ✓ Learn new skills and boost your CV
 - ✓ Training will be provided within the volunteer role
 - ✓ Meet new people from a diverse cultural heritage
 - ✓ Equipment can be provided should you require access to the internet.
- Regular support and supervision with your supervisor.

All reasonable expenses covered.

