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# Mental Health Volunteering Opportunities

Mental health volunteering is a great way to make a difference for those who need it most. Whether you're looking to become a volunteer from home on your telephone, in-person at locations across the UK or by organising events/activities at your local community centre we'll help you find an opportunity that fits you best. In this guide, we'll be exploring **14 mental health volunteering opportunities that anyone can get involved in across the UK** and the frequently asked questions to clarify any doubts you may have.

 <p><b>Anxiety UK</b> A charity providing support if you have been diagnosed with an anxiety condition. <a href="http://www.anxietyuk.org.uk">www.anxietyuk.org.uk</a> 03444 775 774</p>	 <p><b>Bipolar UK</b> A charity helping people living with manic depression or bipolar disorder. <a href="http://www.bipolaruk.org.uk">www.bipolaruk.org.uk</a></p>	 <p><b>CALM</b> Is the Campaign Against Living Miserably, for men aged 15 to 35. <a href="http://www.thecalmzone.net">www.thecalmzone.net</a> 0800 58 58 58</p>	 <p><b>Men's Health Forum</b> A 24/7 stress support for men by text, chat and email. <a href="http://www.menshealthforum.org.uk">www.menshealthforum.org.uk</a></p>	 <p><b>Mental Health Foundation</b> Provides information and support for anyone with mental health problems or learning disabilities. <a href="http://www.mentalhealth.org.uk">www.mentalhealth.org.uk</a></p>
 <p><b>Mind</b> Promotes the views and needs of people with mental health problems. <a href="http://www.mind.org.uk">www.mind.org.uk</a> 0300 123 3393</p>	 <p><b>No Panic</b> A voluntary charity offering support for sufferers of panic attacks and obsessive compulsive disorder (OCD). <a href="http://www.nopanic.org.uk">www.nopanic.org.uk</a> 0844 967 4848</p>	 <p><b>OCD Action</b> Provides support for people with OCD. Includes information on treatment and online resources. <a href="http://www.ocdaction.org.uk">www.ocdaction.org.uk</a> 0845 390 6232</p>	 <p><b>OCD UK</b> A charity run by people with OCD, for people with OCD. Includes facts, news and treatments. <a href="http://www.ocduk.org">www.ocduk.org</a> 0333 212 7890</p>	 <p><b>Papyrus</b> The young suicide prevention society. <a href="http://www.papyrus-uk.org">www.papyrus-uk.org</a> 0800 068 4141</p>
 <p><b>Rethink Mental Illness</b> Provides support and advice for people living with mental illness. <a href="http://www.rethink.org">www.rethink.org</a> 0300 5000 927</p>	 <p><b>Samaritans</b> Provides confidential support for people experiencing feelings of distress or despair. <a href="http://www.samaritans.org">www.samaritans.org</a> 116 123</p>	 <p><b>Sane</b> Provides emotional support, information and guidance for people affected by mental illness, their families and carers. <a href="http://www.sane.org.uk/support">www.sane.org.uk/support</a></p>	 <p><b>Young Minds</b> Information on child and adolescent mental health for parents and professionals. <a href="http://www.youngminds.org.uk">www.youngminds.org.uk</a> 0808 802 5544</p>	 <p><b>SMART Recovery</b> Helping individuals recover from any addictive behaviour and lead meaningful and satisfying lives. <a href="http://www.smartrecovery.org.uk">www.smartrecovery.org.uk</a> 0330 053 6022</p>

## How you can become a mental health volunteer

You can volunteer in the mental health field by volunteering for a mental health charity or you can volunteer by organising events/activities in your local community centre. Many mental health charities like the list above run telephone line services outside of office hours, where volunteers work from home to provide support and advice to people who need it most. If in-person is more your style and you're looking for opportunities to get involved in your local area then reach out to the national charity and find your local representative.