



Community  
Action



## **Community Action Project**

Volunteer mentors - The Blurt Foundation

## **Community Action Partner**

The Blurt Foundation CIC

**Aim:** The Blurt Foundation is a user-led community interest company which exists to support, help and inspire those affected by depression who may have lost belief in themselves, and hope for the future. The CIC also exists to engage with medical practitioners, employers and companies in the community to burst the stigma of depression and work to educate and support them to reach a greater understanding and empathy for those affected by depression.

**Roles:** Volunteer mentors are an ear for those needing someone to listen to or connect with at a time in their lives when they feel lonely and frightened and when they don't know where else to go for help. As a mentor, you will be assigned a small number of mentees who have written to the Foundation asking for help and support. The mentoring is all carried out via email. All volunteers are provided with a contact person who will support them as they support others. The mentoring is done using a Blurt email address which is monitored.

**Training:** With regards to training, they provide all volunteers with a handbook and are on hand to ask questions. There is also a monthly webcast which gives the volunteers the chance to talk to each other about their experiences and to support each other.

**Location:** Home based opportunity

**Times:** Mentors need to respond to mentees within 72 hours so the days/hours are flexible.

**All project volunteers must be registered as Community Action Volunteers.**

**DBS:** Having a criminal record will not necessarily bar you from working with us. This will depend on the nature of the position

**Other:** This opportunity has accessibility.



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