

Volunteering Opportunities at MhIST

We at MhIST strive to provide help, advice and support to as many branches of the mental health community as possible.

In order to achieve this we ask for volunteers in the following areas.

- ☞ Advocate
- ☞ Advocacy Administrator
- ☞ Counselling Administrator
- ☞ Telephone Receptionist
- ☞ Greeter
- ☞ Publicity and Promotions
- ☞ Counsellor
- ☞ Office Administrator

We have a number of volunteering roles open at MhIST, Anyone wishing to volunteer can contact us on 01204 527200



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for England and Wales



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SUPPORTING MENTAL HEALTH IN THE COMMUNITY

We at MhIST offer the following services.

- ☞ Advocacy in the community
- ☞ Advocacy in hospital
- ☞ Advocacy for the elderly
- ☞ Counselling
- ☞ Volunteering opportunities

Also available support groups for:

- ☞ Obsessive Compulsive Disorder
- ☞ Reiki
- ☞ Bipolar disorder
- ☞ Self-Harm
- ☞ Depression
- ☞ Craft Social Afternoon
- ☞ Smart Recovery, Abstinence Support and Maintenance Group

Service Information Booklet

Bolton Advocacy for Mental Health

Advocates can help you to examine your options, provide you with information and help you in your choices. They can help you to make your wishes and opinions heard. They can come with you when you go to appointments and meetings and can speak for you if you wish.

Please telephone 01204 527200 if you would like to make an appointment to speak to an advocate.

Counselling

Many of us experience times in our lives when we feel under pressure and find it hard to cope, either as a person who experiences mental health problems or as a carer. Sometimes we need the support and understanding of someone who can offer another perspective, helping us to see a fresh insight and clearer view. MhIST will only accept Referrals from GP's, Community Mental Health Teams and Other appropriate workers in the mental health community.

MhISTILE

(MhIST Information Library Exchange)

A mental health information web site, created by mental health service users and carers, for mental health service users and carers. Internet access by appointment. Information on a range of issues specific to mental health.

Call in during office hours if you need help

Web site www.boltonmentalhealth.org.uk

Obsessive Compulsive Disorder

This is a support group offering support to those who suffer from Obsessive Compulsive Disorder (OCD)

Meets fortnightly Monday evenings
from 7:30 pm till 9:00 pm

Telephone: 01204 527200 for more information.
No appointment needed.

Support for Self Harm

A supportive space for people to explore their issues around self harm in a relaxed and friendly environment.

An open door policy.

A guarantee of confidentiality.

A group where people will not think you are stupid or mad.

The space to talk, where it's ok if you don't know where to start.

A resource library

The group meets every Monday at 5:00 pm till 7:00 pm

For up to date information, telephone 01204 527200

No appointment needed.

Craft and Social Afternoon

No experience necessary.

No appointment needed.

Come and learn a new craft in a relaxed, informal and supportive environment

Meeting every Monday afternoons 2:00 pm to 4:00 pm

Bipolar Self Help Group

Are you affected by psychosis?

Are you bipolar?

The MhIST Bipolar Self Help Group holds meetings once a month on the 1st Thursday of each month at

7:00 pm to 9:00 pm Telephone 01204 527200 for more information.

No appointment needed.

MhIST Depression Self Help Support Group

An opportunity to talk to others who will understand, in a safe and Non judgemental environment.

An opportunity to share experiences and coping strategies.

A chance to meet new and friendly people.

Every Friday 12:30 pm until 2:30 pm

No appointment needed.

Crompton Way Health Centre Depression Support Group

Room G50 every Thursday 1:00pm until 3:00pm

Reiki Meditation & Healing group

This will be held on Mondays

1:00pm until 2:00pm

Starts January 10th 2010

