



## Our vision at M.h.I.S.T



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

**MhIST**  
30 Chorley New  
Road  
Bolton

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

- Advocacy
- Advocacy Administrator
- Counselling Administrator
- Telephones
- Greeter
- Publicity and promoter
- Counsellor
- Office Administrator
- Fund Raiser
- Marketing
- Newsletter

**Interested?**  
Our office is open  
Monday to Friday  
10:00pm to 1:00pm

# MhIST

Mental Health Independent Support Team

## Interested?

Our office is open Monday to  
Friday 10:00pm to 1:00pm

M.h.I.S.T  
30 Chorley New Road  
Bolton  
BL1 4AP

Phone: 01204 366609  
Fax: 01204 528311  
E-mail: info@mhIST.co.uk

## Our location



# Volunteering Opportunities

# at

# MhIST

# Volunteering can change your life for the better

## Interested?

Contact us....

{ Mental Health Independent Support Team }

{ Te1: 01204 527200 }

June 2009



## Reasons for working as a volunteer at M.h.I.S.T

When looking at careers and career development, all too often students only consider academic elements in respect of their goals in respect of personal and professional development and employment prospects. However, statistically candidates who can back up their academic qualifications with real life "hands on" experience are far more likely to be successful in their search for gainful employment and career development.

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E-mail: [info@mhist.co.uk](mailto:info@mhist.co.uk)

### Overview of MhIST

MhIST, the Mental Health Independent Support Team was set up in 1992 with the specific aims of providing a friendly and confidential service to support and voice the interests of mental health service and their carers.

MhIST is a charity and company limited by guarantee. It is led by an executive committee with considerable experience of the mental health sector and mental health service users. The organisation has several paid staff and most of the services are actually provided by a large number of trained volunteers. Importantly, MhIST has and continues to develop mental health services that are well respected both in the community and by statutory service providers alike.

### Services that MhIST provide

- Advocacy at the Bolton Royal Hospital.
- Advocacy in the community.
- Craft social group.
- Counselling.
- Information and support for individuals.
- Mental health "A to Z" directory.
- Reiki therapy.
- Support for residents in supported accommodation.
- Self Help groups.
- Depression.
- Self harm.
- OCD.
- Carers.
- Relaxation.
- Bipolar.