



### What CAPS can offer volunteers:

Understanding towards mental health issues

Flexibility - Opportunities to get involved in different ways

Training opportunities/Skills development

Team working alongside CAPS staff

Ways to use lived experience of mental health issues to raise awareness and influence change

A voice and the confidence to use it

A chance to improve services and educate service providers

A sense of purpose and connection

**Please contact Ele on [ele@capsadvocacy.org](mailto:ele@capsadvocacy.org) for more information about volunteering**



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CAPS Independent Advocacy is a Scottish Charitable Incorporated Organisation. Scottish Charity number SC021772

# Get involved



'Volunteering with CAPS has given me a sense of purpose, a sense of pride'



# Participate



'It gives you an opportunity to influence professionals'

- Do you have lived experience of mental health issues?
- Would you like to use your knowledge and valuable experience to bring about change?
- Would you like to meet others with similar experiences?
- Contact us and join one of our collective advocacy groups

# Facilitate



'Volunteering keeps me well'

- Work with our project development workers to run groups
- Gain valuable skills in facilitating groups
- Co-facilitate experience led courses.
- Bring your enthusiasm and skills to mental health advocacy groups

# Promote



'I came here to get sorted; getting out and meeting people'

- Help us to promote our collective advocacy projects
- Raise awareness of independent advocacy and how this can benefit others
- Raise awareness and understanding around mental health issues