

# Volunteer Feedback

We gathered feedback from 22 volunteers across Self Help:  
68% from our **eTherapy** team  
32% from our **Peer Support** team

## What's the greatest benefit of volunteering?

Getting to help others and make a real difference in their lives.

“It feels good to see how your input makes such a difference to other people’s lives”

“The greatest benefit of volunteering is turning my own struggles into something that’s really positive.”

**64%** say they have personal experience of mental health difficulties

**91%**

say that getting involved with Self Help has improved their wellbeing

**95%**

are happy with our recruitment process

**91%**

feel supported in their roles

## Has volunteering improved your wellbeing?

**Absolutely!** It has given me the confidence to move towards getting into paid work again.

Seeing people turn their lives around in 8 weeks is an **amazing** thing!

Volunteering feels very **rewarding**, and makes me feel like I am making a difference.

## You said...We did!



**You** wanted reflective supervision sessions. **We** now offer one-to-one supervision with an external supervisor.



**You** wanted role-play to be included in the eTherapy induction. **We** now provide role play during every induction session.



**You** wanted training on mental health awareness. **We** now offer CPD training every month.



**41%**

say that volunteering helped them gain paid employment



**100%**

would recommend volunteering with Self Help to their friends & family



**100%**

are satisfied with the time they spent with Self Help