

Aware: Support Line and Support and Self Care Group Volunteers **(<https://www.activelink.ie/node/116397>)**



Join Our Volunteer Team

Recruiting for Support Line and Support and Self Care Group Volunteers

Aware was founded by Dr McKeon and a team of volunteers, many of whom had their own experience of depression or bipolar disorder, and who wanted to support others. We remain a Volunteer-led organisation today, continuing to rely on the passion and dedication of our 400 strong team of Volunteers to deliver our vital services. Each Volunteer generously gives of their time, and most importantly their compassion to ensure that everyone who contacts Aware receives understanding, empathy and support.

Our Volunteers are a hugely diverse group of all ages and from all walks of life. Some have their own lived experience of mental health challenges, either directly or through supporting a loved one, which has inspired them to want to support others going through similar experiences. Other reasons for choosing to volunteer with us might include an interest in mental health, desire to give back to your community, add to your skill set, meet new people or simply having some spare time on your hands.

No prior qualifications or experience is required, as we provide 20+ hours of comprehensive training, as well as ongoing support and education. We are fully committed to our Volunteers, highlighted by our consistent achievement of the **Investing in Volunteers Award**, the quality standard for best practice in volunteer management.

We are currently recruiting for our Support Line and Support and Self Care Group services.

To volunteer on Aware's Support Line, you must be:

- Over 21 years of age
- Available for three hours once a week
- Willing to make a commitment of 18 months
- Fluent at written and spoken English
- Comfortable speaking on the phone
- Confident using technology and have reliable broadband (*essential*)
- Be able to attend a weekend workshop in-person mandatory training (23rd and 24th of August)

Our next volunteer recruitment phase for our Support Line starts in **July**, with training taking place in **August and September 2025**.

To apply, please visit our recruitment page here: [Support Line Volunteers | Volunteering | Mental Health | Aware](https://www.aware.ie/volunteering/support-line-volunteers/) (<https://www.aware.ie/volunteering/support-line-volunteers/>)

Support and Self Care Group Volunteer Requirements

To volunteer with Aware's Support & Self Care Groups, you must be:

- Over 25 years of age
- Available for three hours once a week
- Willing to make a commitment of 18 months
- Fluent at written and spoken English
- Comfortable speaking in a group setting
- Comfortable navigating online platforms and have a reliable internet connection

- Be able to attend a weekend workshop in-person mandatory training (23rd and 24th of August)

Our next volunteer recruitment phase for our Support and Self Care Group starts in July, with training taking place in August and September 2025.

To apply, please visit our recruitment page here: [Volunteer - Aware](https://www.aware.ie/get-involved/volunteering/)
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Region

Nationwide

Date Entered/Updated

24th Jun, 2025

Expiry Date

15th Aug, 2025

Source URL: *<https://www.activelink.ie/community-exchange/volunteering/116397-aware-support-line-and-support-and-self-care-group-volunteers>*