



Volunteer for health and happiness

Do you enjoy being around people? Do you gain satisfaction from helping others or learning new skills? If you answered yes to any of these questions, volunteering may be for you!

Volunteers do things that make a difference to the lives of others—whether it's helping disadvantaged kids, assisting the elderly, lending a hand in school canteens, weeding nature strips, helping injured wildlife or coaching junior sport. It is no wonder volunteers feel good about themselves and are proud of what they do.

In 2010, 6.1 million Australians participated in some sort of voluntary work—that's 36% of the population!¹

So go on, make today the day you join in and volunteer too!

Why volunteer and how does it contribute to wellbeing?

Everyone has different motivations to volunteer. Some people get a buzz out of knowing that they have made a difference to people's lives. For others, volunteering gives them a chance to step outside their comfort zone and challenge themselves. Others are passionate about a cause and want to contribute to making a positive change in the community.

Volunteering provides the opportunity to feel part of the community and meet like-minded people with similar interest and goals. This gives us a sense of belonging which helps us keep mentally healthy.

Most volunteers will tell you that not only is it great to know they are helping those in need, but there is a tremendous sense of personal satisfaction and achievement from volunteering.

Whatever the reasons, it is clear that engaging in volunteer work improves our self esteem, our confidence, provides us with a sense of achievement and greater control over our lives. All these things contribute to good mental health.

Volunteer today to:

- learn something new
- maintain and develop skills
- meet new people
- gain personal fulfilment
- learn more about our community
- have fun!

“There seems to be something naturally satisfying about knowing you have made a difference by helping someone else”



Can I volunteer and how much do I need to do?

Anyone can give volunteering a go. Whether you are young in age or young at heart there are volunteering opportunities to suit your interests, skills and experience.

Being a volunteer means you can choose where and when you volunteer and the amount of time you want to commit. It doesn't matter whether you can volunteer one hour a week or one hour a month, every little bit helps people in your community. Helping out at at one off events is a great way to get a taste for volunteering.

Volunteer-involving organisations understand that you have other commitments. Volunteering can be quite flexible and you should be able to find a position that is right for you.

How do I find a volunteering opportunity to suit me?

There are many organisations in which you can volunteer. These include emergency services, conservation groups, sport and recreation, education, health, community services and many more.

Organisation	Can assist with...	Contact details
Volunteering WA	Find a volunteering position that suits your interests, skills and lifestyle by exploring the online database on the Volunteering WA website or phone the office. Volunteering WA can also help you get in conct with your local Volunteer Resource Centre.	P: (08) 9482 4333 volunteeringwa.org.au
United Way	United way offers corporate organisations the opportunity to get their staffs' hands dirty and complete much needed projects in the community. Their experiences range from a couple of hours for small groups of 3, to full day experiences for groups of 20.	P: (08) 9440 4800 unitedwaywa.com.au
Big Help Mob	Big Help Mob is a huge mob of ordinary people like you who combine their powers to perform extraordinary feats of generosity for people, ecosystems and animals that need help.	bighelpmob.org
Mentally Healthy WA	Use the Activity Finder on the Act-Belong-Commit website to find groups.	P: (08) 9266 4648 actbelongcommit.org.au



1. Australian Bureau of Statistics. Voluntary Work, Australia. 2010. Cat. No. 4441.0. Canberra: ABS. <http://www.abs.gov.au>



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Mental Health Commission



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