

# VOLUNTEER ASSISTANCE PROGRAMME



## Did you know?

Active Volunteers have access to a free and confidential care service.

The session can take place from Monday to Sunday, between 7 am and 9pm.

Qualified and experienced counsellors will listen in confidence and make sure you get the help you need. The counsellors are experienced in providing assistance with a wide range of challenges and can support you through a wide variety of problems including stress, anxiety, relationship issues, bereavement and more.

The Volunteer Assistance Programme includes four solution-focused counselling sessions that volunteers can access when they need extra support. It provides first line response, prevention, triage and short-term resolution services.

Please do not take any additional risks in relation to your health and safety or the health and safety of others. If you have any health or safety concerns in relation to your volunteering role, please contact your Volunteer Support Officer, Telephone Support Coordinator or NSRL Coordinator.