



**For when mental illness and distress  
makes everyday life a struggle**

## Volunteer role description

### **Mental Health Shabbat - Administration Volunteer**

Are you interested in helping Jami to raise awareness of mental health issues in the community? If so, please read on to see how you can support us in putting together a successful mental health Shabbat in 2025!

#### What is Jami mental health shabbat?

It is an event that we here at Jami put together once a year to help raise the profile of mental health in the Jewish community. It is an opportunity to encourage people of all ages to be more in touch with their own mental health and wellbeing, and to raise awareness of mental illness and distress in the wider community.

The first Mental Health Awareness Shabbat took place in 2017 and saw over 80 synagogues, students and youth groups across the full range of Jewish religious affiliation taking part. This rose to over 200 in 2023 and we are planning for JMHS 2025 to be even more successful.

#### The role

This volunteering role will be crucial to help to co-ordinate Jami Mental Health Shabbat 2025 and keep a record of community plans to mark the event.

This will include making calls to communities – synagogues, schools, youth groups and organisations and inform them about Jami Mental Health Shabbat. Explaining the concept, encouraging them to save the date, offering any ideas or guidance of how to mark the occasion and to confirm that their contact information is up to date.

#### Interested? Are you -

- Interested in supporting those experiencing mental health issues?
- Great at communicating?
- Comfortable making calls and confident speaking on the phone?
- Organised, and great at attention to detail?
- Reliable, honest and trustworthy?
- Caring and non-judgemental?

- Flexible?
- Interested in the work that Jami does and ready to learn more? Read on!

### Organisation

Jami is a mental health charity that enriches and saves lives impacted by mental illness in the Jewish community.

Since the start of the pandemic, demand for our services has grown exponentially. In 2021 we undertook a thorough review of the needs of the community, to develop a new strategy that will secure the Jewish community's mental health provision. The new strategy sets out a huge agenda for change in scale and provision, which we are deploying while we continue to run our diverse set of highly professional mental health services:

- Advice and advocacy
- Treatment and support
- Education and campaigning

Jami currently supports over 1,400 individuals, delivering almost 50,000 separate service interactions each year, and reaches thousands more people through education, seminars, work in schools and other organisations. Through our social enterprise community café, Head Room, we raise mental health awareness while delivering mental health support on the high street.

### We can offer you

- Full and ongoing training
- Flexible days and hours
- Ongoing support, reviews, and supervision
- Networking and social events

### What we need

- DBS check
- Acceptable references
- A commitment to volunteering 4-8 hours per week

We welcome applications from Jewish and non-Jewish volunteers and from across the full spectrum of the community.

### How to apply

To apply for the role, please email [sophie.chappell@jamiuk.org](mailto:sophie.chappell@jamiuk.org).