



VOLUNTEER BUDDY SCHEME



SEED, in partnership with Hull and East Yorkshire Mind and EK Psychotherapies, is re-launching the Volunteer Buddy Scheme to provide compassionate telephone support across Hull and East Yorkshire.

Our volunteers aren't counsellors but are here to support you on your journey. They are here to offer a friendly, understanding voice for one hour per week over eight weeks, giving you a safe, judgment-free space to share your thoughts and feelings.

Who can access this support?

- ✓ Anyone struggling with an eating disorder - no diagnosis needed.
- ✓ Family and carers of those living with an eating disorder.
- ✓ Individuals with Hull or East Riding postcode.

Register now



 **Mind**
Hull and
East Yorkshire

