

Volunteer Mental Health & Wellbeing Form

The purpose of this form is to provide information surrounding your mental health so that your Project Leaders and the Management Team in-country may provide the best care and support in facilitating your health, and experience, on the project. As discussed over the phone, please continue to detail your own experiences in the boxes provided if any information has been missed. By ensuring all boxes are complete, it allows us to give you the best possible support on the project.

When a volunteer highlights experiencing any ill mental health on their booking form, it is our standard procedure for your UK Project Coordinator to fill out this form with your input. It will be completed together between yourself and the UK Coordinator, then be added into the project notes and shared with your Project Leaders and the Management Team in-country for their reference.

It will not be shared with any other party.

Consent given by:

Date:14.02.25

Volunteer Mental Health & Wellbeing Form

Name of Volunteer: Aimee Piercy

Project Date: July 2025

Mental Health Condition/s:

Low mood/anxiety (not officially diagnosed but have seen a doctor in the past)

Any Medications:

If 'Yes', please list any medications you take regularly for your mental health (*include a brief description of each medications purpose and describe what would happen if you did not take your medication*)

No medication

Are you currently seeing Doctor/Therapist:

No

If 'Yes', How often do you meet? Once a week during semester time in university

What is your experience with your mental health? (For example, a recent history, how it affects day to day life, any significant episodes)

I suffered from mental health problems when I was around 16-18 but have since been doing incredibly well. I struggled with motivation, extremely low mood and used to self harm. I have now been clean for around 3 years so this is not a concern anymore. At this point in time it no longer affects my day to day life and I rarely have episodes of bad mental health - apart from the occasional anxiety of new things.

Do you feel that you have any causes/triggers of any ill mental health?:

Not really, none that im aware of and ive noticed no patterns.

Following our discussion about day to day life on the project, are there certain challenges you are worried/apprehensive about whilst on project?

No none at all

Do you have any coping mechanisms to help you through experiencing each episode?

I have a really good support system and I typically talk things through with them. My bestfriend will be on the project with me so im more than confident things will be fine.

How can we best support you on the project? (PPPs - Are there any signs before, during or after any ill mental health episodes?)

I don't believe I show any signs, my bestfriend may notice but unless someone knows me very well then it would be hard to tell.

Do you feel you are medically fit to join project?

Yes