

Supporting volunteering as part of recovery

Volunteering may be considered as a treatment-aligned activity that can complement clinical care, support recovery goals, and assist a worker to gradually increase participation in meaningful activities.

Potential benefits of volunteering

- Increased routine and structure
- Social connection and community participation
- Improved confidence and self-efficacy
- Increased activity tolerance
- Support for recovery goals

When might volunteering be considered?

- Reduced participation outside treatment
- Social isolation or loss of routine
- Recovery progress has plateaued
- Interest in meaningful community participation activities

Did you know?

Volunteering may be considered as one component of a broader recovery plan to support participation, confidence and capacity development.

For additional support, speak with an EML Case Manager or Rehabilitation Provider.

Considering volunteering as part of recovery?

Scan the QR code for guidance on:

- Clinical considerations
- Evidence-informed benefits of volunteering
- Assessing suitability and risk
- Recovery planning
- What to review and monitor
- Volunteering resources and supports

Scan to learn more

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