

Volunteering as part of recovery

Supporting confidence, routine and community connection.

Why consider volunteering?

Volunteering may help some people;

- Build confidence
- Create routine and structure
- Stay connected to their community
- Develop skills and experience
- Support recovery goals

Did you know?

Approved volunteering activities will not affect weekly compensation benefits.

Explore opportunities to suit you:


Community support


Environmental projects


Education and mentoring


Animal welfare


Online volunteering

Could volunteering support your recovery?

Scan the QR code to learn more about:

- The benefits of volunteering during recovery
- Practical considerations before getting started
- Volunteer opportunities, useful resources and links
- Whether volunteering is right for you

Or talk with your support team:

- Treating doctor
- Case manager
- Rehabilitation provider

Scan to learn more

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