

# OPENEARS FOR VOLUNTEERS

## Support for Kirklees Covid-19 Volunteers



Had a tough day? Feeling overwhelmed? Finding the tasks daunting?  
Volunteering during this time can be stressful. If you need someone to talk to,  
**you are not alone, we are here for you.**

**"Open Ears" is a confidential telephone support service for all Covid-19 volunteers in Kirklees**

- ✓ **We offer emotional support over the phone**
- ✓ **We listen and provide help on how you can look after your wellbeing**
- ✓ **We signpost you to additional services and support where required**



What we can't do

- ◆ We can't offer medical or financial advice
- ◆ We are not a professional counselling service

◆ We are not an ongoing befriending service

◆ We are not volunteer coordinators or a complaints service

**To get in touch with us, please send an email to [openears@tslkirklees.org.uk](mailto:openears@tslkirklees.org.uk)**

We will respond to you immediately with a short form to fill in, and will connect you with one of the OpenEars team as soon as possible. (Please check your junk mail folder if you do not receive it).

**Please pass on to all volunteers and volunteer coordinators in Kirklees**