

Durham Mental Wellbeing Alliance - **Social Media Volunteer**

Location: Remote / County Durham

Time Commitment: Flexible

Role Type: Marketing, Communications, Mental Health Support

About the Role

The Durham Mental Wellbeing Alliance brings together local organisations to provide high-quality, person-centred mental health support across County Durham. We aim to promote early help, community connection and positive mental wellbeing for everyone.

We are looking for a Social Media Volunteer to help us share key messages, highlight local support and raise awareness of the work delivered across the Alliance. Your creativity can help us reach more people and ensure that mental health support is visible, accessible and understood.

Website: **www.durhammentalwellbeingalliance.co.uk**

What You'll Be Doing

As a Social Media Volunteer, you may support with:

- Creating and scheduling posts for social media platforms
- Sharing updates about groups, events and community activities
- Producing simple graphics, wellbeing messages and awareness day content
- Helping to maintain an engaging and consistent online presence
- Highlighting partner organisations and success stories
- Assisting with basic social media planning and content ideas
- Promoting information, support options and Alliance campaigns

Full guidance will be provided and no professional experience is required — just an interest in social media and community wellbeing.

What We're Looking For

We welcome volunteers who:

- Enjoy using social media and staying up-to-date with online trends
- Can write clearly and communicate in a friendly, supportive tone
- Are creative, reliable and enthusiastic
- Are passionate about mental health and community support
- Can offer their time consistently (hours are flexible)

What You'll Gain

- Experience in social media, content creation and digital communications
- Skills useful for marketing, design and community engagement roles
- Confidence in creating supportive, community-focused content
- Being part of a collaborative, values-driven alliance
- The opportunity to make a meaningful impact in promoting mental wellbeing across County Durham

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