

**You should join our team...become a volunteer at the Douglas Mental Health University Institute!**

**The Douglas Mental Health University Institute is part of the McGill Teaching Hospital Network and the Montréal West Island IUHSSC. The Douglas Institute is recognized worldwide for providing specialized mental healthcare to patients of all ages.**

The Douglas Institute is known for its innovative care, teaching, and research. We take pride in the quality of our care, which is focused on helping our clients to recover and live full, active lives.

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**Become a volunteer! You can make a positive and meaningful contribution to the lives of our clients!**

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On an individual basis, volunteers support clients in many ways: helping them become familiar with their environment; taking walks with them; getting a coffee or playing chess with them. On campus, volunteers also help in a variety of ways: leading activities; organizing writing, drawing, and colouring workshops; directing a small choir; hosting bingo parties; doing puzzles and memory games. Volunteers can also help from home through phone friendships that create a connection and maintain contact with clients. The list is long!

## **Join our team!**

### **Become a volunteer at the Douglas Mental Health University Institute**

**CONTACT US:**

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**Douglas**  
INSTITUT MENTAL HEALTH  
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SANTÉ MENTALE INSTITUTE

**Centre intégré  
universitaire de santé  
et de services sociaux  
de l'Ouest-de-  
l'Île-de-Montréal**

**Québec** 