

## Befriending Scheme Contact Details:

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Reg. Charity Number 1141146  
Company No. 07433894



# VOLUNTEER BEFRIENDING

Could you make a  
Difference?



## WHAT DOES A BEFRIENDER DO?

As a befriender you would:-

Be a 'friend' to someone who is experiencing mental health difficulties.

Meet that person each week for a minimum of two hours.

Reduce their social isolation by helping them to access activities where they can meet other people.

Help them to be more confident and less anxious.

## WHAT DOES MIND LOOK FOR IN A VOLUNTEER BEFRIENDER?

We look for people who are:-

Respectful

Non-judgemental

Empathic

Positive

Honest and trustworthy

Good listeners

Able to commit to 2 hours each week.

## WHAT ARE THE BENEFITS OF BEING A VOLUNTEER BEFRIENDER?

Employers and universities value the experience gained through volunteering.

You can learn a lot from the experience.

It feels good to help someone

**You will receive:**

Comprehensive Induction Training.

On-going relevant training.

Out of pocket expenses.

Regular supervision.

## How do I apply?

Application forms are available on our website or can be requested from the Befriending Scheme Co-ordinator (Contact details on back page)