

How can I volunteer to be a Telephone Befriender?

The Befriending Service is entirely dependent upon the contribution of our volunteers, so we always appreciate it when people want to get involved.

We provide training for the role and cover costs for travel and activities.

People get involved for a variety of reasons, both personal and professional – many people want to “give something back”, and many students find that befriending can be a very useful experience for a career in mental health.



Please do not hesitate to contact Dave Bacon (davebaconmind@hotmail.com) for more information, our referral process and to volunteer as a Telephone Befriender.

Central Notts Mind
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Mansfield
Notts
NG18 1QJ

Tel: 01623 658044
Mobile– 07939 543809

You can download a referral form
from our website-

www.centralnottsmind.com

If you would like to make a donation to
Central Notts Mind please visit:

www.sponsorme.co.uk

and search for:

“Central Nottinghamshire
Association for Mental Health”

Here you can make an online
donation to us

Thank you

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Telephone Befriending



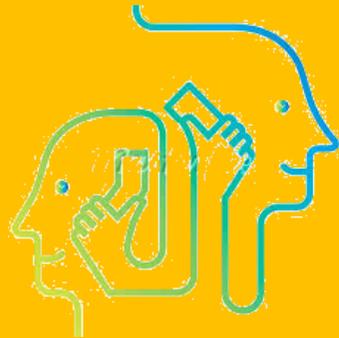
What is Telephone Befriending?

The Mentoring and Befriending Foundation give the following definition of Befriending:

'A voluntary, mutually beneficial and purposeful relationship in which an individual gives time to support another to enable them to make changes in their life'.

At Mind this involves setting people up in a partnership with a volunteer, who will telephone them either once a week or once a fortnight. Hopefully this will help to address the isolation, lack of motivation, or lack of self-confidence that can develop when people are experiencing Mental Health issues.

The intention is that this will help people to feel valued, to experience a period of stability through maintaining a managed relationship, to have a period of respite and to improve their life.



Who is Telephone Befriending for?

Telephone Befriending is a service provided by the Notts Mind Network and covers the whole of Nottinghamshire.

It is for people who are experiencing problems with their mental health, and who, as a result, are more likely to suffer social isolation, or a limited social life.

Befriending may also help people who are on the road to recovery and need short-term support, possibly around a specific issue.

It is also ideal for people who are rurally isolated and cannot access centre based services.

How can I get a telephone befriender or refer somebody to the service?

Access to the Telephone Befriending Service can be through referral from a GP or a healthcare professional. All referral forms are available from our website- www.centralnottsmind.com

