

## 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 people's 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.

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*Registered Charity number 1015205  
Company Limited number 2310560*

# Covering Newark

and the surrounding areas



## Telephone Befriending Service



**01636 650228**



## What is Telephone Befriending?

**In short**, it is support via the telephone! We want to support those people who may find it difficult for one reason or another to come to Newark Mind in person.

**We** have a team of volunteers, who will telephone you either once a week or once a fortnight or even once a month to see how **YOU** are.

**Befriending** makes a real difference to people who find themselves struggling, and find that they need the dedicated support of another person who is not family or a close friend.

**TRY IT**

## Who is Telephone Befriending for?

If you are **struggling** with your mental health, or care for someone with mental health issues and feel alone, then this is for you!

**Befriending** may also help you if you are on the road to recovery and need short-term support

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



## How can I access a Telephone Befriender / How can I refer someone to Telephone Befriending?

Access to the Telephone Befriending Service can be through **self referral**, referral from a GP, a care worker, or a mental health professional.



If you would like to discuss this with someone before making a referral, please do not hesitate to call us on: **01636 650228**

or email:  
[office.newarkmind@virgin.net](mailto:office.newarkmind@virgin.net)