



Herts Companions Befriending Service

Our service supports people aged 18+ who have a diagnosed mental illness, who are socially isolated & live in East Hertfordshire.

We provide:

- 121 Befriending with a volunteer or staff member to gain confidence in social settings.
- Group befriending every fortnight in a community setting
- Regular social activities & outings

We accept referrals from other professionals or you can self-refer to us for support.

If you want to volunteer then please get in touch

Find out more at:
www.rethink.org
/ East-herts-companions

Email: rethinkcompanions@rethink.org

Telephone: 01920 463663