

## Contacts

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## Confidentiality

We believe in respecting and maintaining confidentiality. We will not share personal information unless we have your permission or we have a duty of care

## About Rethink Mental Illness

Rethink Mental Illness is a charity that believes a better life is possible for millions of people affected by mental illness. For 40 years we have brought people together to support each other. We run services and support groups that change people's lives and challenge attitudes about mental illness. We directly support almost 60,000 people every year across England to get through crises, to live independently and to realise they are not alone. We give information and advice to 500,000 more and we change policy and attitudes for millions.

Leading the way to a better quality of life for everyone affected by severe mental illness.

For further information on Rethink Mental Illness

Phone 0300 5000 927

Email [info@rethink.org](mailto:info@rethink.org)

[www.rethink.org](http://www.rethink.org)

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## Rethink Companions

# Befriending

## Befriending in East Herts - Who we are

We are a befriending service for people with a diagnosed mental illness and are socially isolated because of it.

We aim to reduce social isolation by supporting people to engage in their communities through social activities such as meeting for a coffee, walking, attending groups, lunch and so on.

We view recovery as an individual journey, taking responsibility, having hope, making choices and gaining a sense of wellbeing.

By looking at the whole person and not just the illness, we can help you work towards agreed personal goals.

If you would like to join our service, the best way is to ask your GP, Care Co-ordinator or any other mental health service who's care you are under to ring us on the number or email address below. You can also call us directly to ask for a referral.

## Exclusions

People with organic brain disorders such as Dementia or Alzheimer's. Children and young people or anyone whose primary need is not mental health.

## We provide:

Personal befriending workers to assist you in gaining confidence in social settings.

Group befriending every fortnight in a community setting.

Social activities and outings.

One-to-one befriending with a trained, DBS checked volunteer in a supported partnership.

Telephone befriending / support.

## We can help you if:

You are aged 18 or over, have a diagnosed mental illness, are registered with a GP, live in East Herts and are socially isolated.

We recruit and train volunteers to become Befrienders. An hour or two once a week or fortnight can dramatically reduce isolation for someone. If you would like to learn more about volunteering, please contact us using the details on this leaflet.



**“I enjoy the social events, and having a befriender has changed my life.”**

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**Call: Rethink Companions on 01920 463663**  
**Email: [rethinkcompanions@rethink.org](mailto:rethinkcompanions@rethink.org)**