

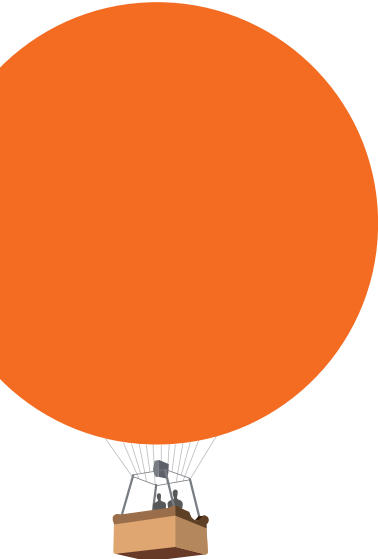
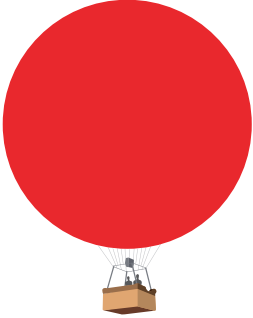
---

## Befriending

Supporting you to make connections, build friendships and rediscover who you are.

---

[www.health-in-mind.org.uk](http://www.health-in-mind.org.uk)



**“I have high levels of social anxiety and my volunteer suggested we go to a cinema discussion group to meet people and practice building my confidence, which I wouldn’t do on my own. We get along really well and have a lot in common. He’s someone I can speak to about making more friends and building my confidence.”**

**“We’ve really enjoyed our time going for coffee most weeks and then did a lot at the festival, and we both said this is the most we’ve ever done! I feel privileged that she talks so openly and honestly with me, and that we can work together to come up with new ideas. I’m learning so much on a personal basis but I also know it will be useful for me in my career change because I want to work in the voluntary sector.”**

# Everyone has the right to live a full and satisfying life. We can provide the tools, information and support to help you to cope with life's challenges and live the life that you want to live.

With the support of one of our caring volunteers you can work towards your own personal goals. Whether it is making new friends or using public transport, enjoying art galleries or attending a new group or zumba class together, we focus on positives – qualities, interests and attributes – rather than on difficulties.

The rediscover Befriending Service is available for 4-6 months initially and then reviewed. We welcome applications from anyone living in Edinburgh, Midlothian or the Scottish Borders who is feeling isolated due to experiencing difficulties with mental health.

## How to apply

Please contact us in:

Edinburgh on **0131 225 8508**

Midlothian on **0131 663 3366**

Scottish Borders on **01896 750 983**

For more information and referral forms, please visit our website and follow the 'Befriending' link.

Alternatively you can e-mail

**[readmin@health-in-mind.org.uk](mailto:readmin@health-in-mind.org.uk)**

## You can make a difference

People who use Health in Mind's services also help to shape them, ensuring that we continue to identify and meet need using creative and innovative approaches.



Our professional and trusted support staff and committed volunteers work in partnership to deliver a unique mix of services and training to promote mental health and wellbeing. Please contact us for current recruitment and volunteering opportunities.

---

### Get in touch with us

Our Befriending service is available in Edinburgh, Midlothian and the Scottish Borders.

For further information on Befriending or any of Health in Mind's other services, volunteering and employment opportunities and our feedback/complaints procedure please contact us at:

**Health in Mind**  
**40 Shandwick Place, Edinburgh EH2 4RT**  
**0131 225 8508**

**[contactus@health-in-mind.org.uk](mailto:contactus@health-in-mind.org.uk)**  
**[www.health-in-mind.org.uk](http://www.health-in-mind.org.uk)**

---

Please note that our office in Shandwick Place does not have a lift and is situated on the first and second floors. If you have restricted mobility, please contact us for further information and assistance.

**Access mental health and wellbeing information online:**  
[www.edspace.org.uk](http://www.edspace.org.uk) (Edinburgh)  
[www.midspace.co.uk](http://www.midspace.co.uk) (Midlothian)  
[www.eastspace.org.uk](http://www.eastspace.org.uk) (East Lothian)

---

Charity Registered in Scotland – SC004128

---