

Hillingdon Mind Befriending Scheme

Please read this information carefully before completing the referral form.

The Befriending Scheme uses volunteers to provide company and support to isolated people with a mental health problem.

All volunteers accepted onto the scheme have attended a training course covering the skills needed to provide supervised support to vulnerable people. They are not mental health professionals.

Volunteers are unable to befriend:

- People with a learning difficulty.**
- People with a history of violent, aggressive or abusive behaviour.**
- People with a history of alcohol or drug misuse within the last 3 years.**

It is essential that the person you are referring **actively wants a Befriender**, rather than simply consenting to the suggestions of professionals or family members.

The scheme is not appropriate as an emergency help or support for someone in a crisis, nor should a Befriender be the sole point of contact for the person referred. It is intended to compliment existing services.

A Befrienders role is primarily to provide company and emotional support. It would not be appropriate for a Befriender to do chores E.g. laundry, shopping etc. for the person you are referring.

At times there is a high demand for the Befriending service and this can result in a significant waiting list. Please ensure that the person you are referring is aware of this.

If you have any further queries, please contact the Befriending Co-ordinator.