

Our Volunteers

- Live anywhere in Highland or Argyll & Bute
- Are both male and female
- Aged 18+
- Come from all walks of life
- Receive full training and ongoing regular support and supervision with our Coordinators
- Volunteer for just an hour or two each week
- Are an integral part of our growing and successful team

Our volunteers are carefully selected to ensure they have a positive manner and are committed to supporting our Friends on their recovery journeys.

For More Information Contact Us

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Recovery Promoting supported friendships for people with mental ill health



Befrienders
HIGHLAND

**Interested in volunteering?
Please get in touch.**



LOTTERY FUNDED



INFORMATION FOR
VOLUNTEERS
AND
**PEOPLE WANTING
FRIENDSHIP**



BEFRIENDERS HIGHLAND

WHAT IS BEFRIENDING?

WHO IS BEFRIENDING FOR?

We are an established Highland Charity offering a range of Befriending Services across the Highlands and Argyll since 1993.

Our supported friendships focus on the recovery model for mental health and offer social support on an equal basis.

Our friendships genuinely change lives as our volunteers do it because they want to and not because they are paid to.

Our services include:

- Face-to-face, 1-to-1 friendships (in Inverness, Nairn and Wick), and other areas soon
- Telephone, letter and email, 1-to-1 friendships across the Highlands and Argyll & Bute
- Group befriending - a wide range of opportunities.

A 1-to-1 supported friendship between a trained volunteer and a person (friend) who has enduring mental ill health and is lonely or isolated.

Our friendships focus on the recovery way of thinking, which encourages and supports friends to achieve their life goals and enjoy life.

WHAT IS RECOVERY

- Something people achieve for themselves. It's a very personal journey.
- A belief and understanding that people can recover from mental illness.
- Gets people to a better place than they were before.
- Gives people hope for the future.
- Is achieved by working towards life goals people have set themselves.
- Helps people manage symptoms better.
- Medical treatment is one way to recovery, but it isn't the only way.

- People who are aged 18+ and receiving professional support for enduring mental ill health.
- Do not have addiction problems.
- Live in the community in Highland or Argyll & Bute.
- Are isolated or are lonely.

HOW CAN BEFRIENDING HELP?

- Provides essential social contact on an equal basis.
- Helps to increase confidence.
- Increases a sense of belonging.
- Provides opportunity for wider social contacts.
- Reduces barriers to socialising.
- Encourages and supports achievement of life goals.
- Positively changes lives.
- Empowers people to have more control in their lives.
- Is fun.