



Become a befriender!

We need more befriender volunteers in West Essex.
Can you spare 1 hour a week to make a real difference
to someone's life? Get involved today!



What our befrienders say

"It enriches my life too!"

"What a very rewarding
volunteer role to be in!"

"It has helped fill a void
in my own life."

Email volunteering@mindinwestessex.org.uk,
freephone 0800 755 5173 or scan the QR code.

Training and ongoing support provided.

Open to men and women of all ages.

 **mind** in West Essex