

- Do you live in Dorset and are over 18?
- Are you interested in helping people in the West Howe community who have difficulties with their mental health?
- Can you spare 2 hours per fortnight for at least 6 months as a volunteer befriender?

If you can answer YES to each of these questions, please contact us on 01202 551660, or for further information see our website: dorsetmind.uk

We are working with the West Howe Regeneration Partnership to train, support and supervise volunteer befrienders.

Interested? Why don't you become one?

