

- Do you live in West Howe and are over 18?
- Are you experiencing mild to moderate Mental Health Problems?
- Would you like to have individual support from a trained volunteer befriender for support getting out into your community?

If you can answer YES to each of these questions, please contact us on 01202 551650, 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? Contact us for more info!

