



16-18 and struggling with your Mental Health?

**Mind Befriending
Sir Gar are here
for you.**

Our Befriending scheme is now open to 16 to 18 year olds. If you're feeling isolated and lonely one of our incredible volunteer befrienders are here to help. We provide an opportunity to share any problems and put an end to social isolation.

We won't give up until everyone experiencing a mental health problem gets support and respect.

 **Mind
Llanelli**

What do we do?

Our volunteer befrienders are specially trained to listen and give you the opportunity to speak in a safe space. You will be in regular contact with them to discuss any daily issues and mental health concerns.

We encourage you to help understand and improve your mental health.

We carefully match our befrienders with our service users to help build your self-esteem and confidence.

Befriending Sir Gar offers community based support for young people to freely discuss their mental health concerns with a trained volunteer befriender.

We always welcome new volunteers.

If you're caring, empathetic and can spare a couple hours a week why not join our wonderful team of volunteers and make a difference to a young person within your local community.

“My befriender has continued to help me stay true to myself, make my own decisions and to be proud of who I am.”

If you'd like to find out more please call 01554 776306 or email us on befriending@llanelli-mind.org.uk

Contact us now

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Registered charity no. 1161335