Mental Health Befriending Service

Are you struggling with your mental health? Feeling anxious, lonely or isolated? Do you find it hard to make social connections?

We know human companionship is really important in maintaining positive mental health so if you need support then our Befriending service might be for you.

The service offers the opportunity to meet a volunteer befriender in the community, on a regular basis for walks, a cup of coffee, a shopping trip or other mutually agreed activities.

Visit our website or call us for more information

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mind in Harrogate District

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