



WE WON'T GIVE
UP UNTIL EVERYONE
EXPERIENCING A
MENTAL HEALTH
PROBLEM
GETS SUPPORT AND
RESPECT.



[Mind logo, n.d]

Mission Statement

- We provide advice and support to empower anyone experiencing a mental health problem. We campaign to improve services, raise awareness and promote understanding.

President of Mind since 2011, Stephen Fry



[Stephen Fry portrait, n.d]

Befriending Training

Boundaries

(Mead et al., 2010)

Confidentiality

(McGuire et al., 1985)

Health &
Safety

Safeguarding

(Appleton & Stanley, 2009)



[Mind logo, n.d]

Matched with service user.

Equipment handover – Phone.

First contact – date & time arrangements.



[Hands holding mobile phone, n.d]



BEFRIENDING

[Image of cut out people befriending, n.d]

My feelings prior -
apprehension

User's story

My feelings post -
impacted



[Mind logo, n.d]

Skills &
Knowledge –
drawing on
and searching
for more.

Realisation of
responsibility.

Being proactive
– maintenance
and
improvement.



[Knowledge & Skills balancing, n.d]



[Mind logo, n.d]



EVALUATION



[Mind logo, n.d]



WORTHWHILE

Helping those in need



FEEL GOOD

Satisfaction



GIVING BACK

Giving time to community



LEARNING

Provides experience

(Morrow-Howell et al., 2009)

Discussion

- Over all – excellent. Insightful.
- What's next? Keep going! Involvement with Mind.
- Take on second service user.
- Recommendation.
- Accessibility is key.



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THANK YOU

www.mind.org.uk

INFOLINE: 0300 123 3393

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