

[Befrienders Dublin \(https://www.activelink.ie/node/18389\)](https://www.activelink.ie/node/18389)

The aims of Befrienders Dublin are:

1. To improve the quality of life of people with mental health difficulties.
2. To promote the independence of such individuals and encourage their integration into the local community.
3. To assist people with mental health difficulties to re-establish personal interests and social contacts within the community; alleviating social isolation and exclusion.
4. To motivate and support individuals with mental health difficulties in accessing other community resources.

Befriending has two Strands:

1. One-to-One Befriending which is a relationship between a Befriender and a Befriender that is initiated, supported and monitored by the North Dublin Befriending Service.
2. Local Social Clubs which provide group social activities and opportunities for social contact and new friendships.

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Source URL: *<https://www.activelink.ie/irish-links/carers-health/befrienders-dublin>*