

## **North Dublin Befriending Service CLG T/A Befrienders Dublin** **(<https://www.activelink.ie/node/37577>)**

### **Mission Statement**

To reduce the isolation felt by those with mental health difficulties and assist in their re-integration into the Community.

### **Project Aims**

The aim of the Befriending Project is to provide a service that fosters independence and equality of participation for people with mental health difficulties.

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

### **Contact Info**

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<https://www.facebook.com/Befrienders.Dublin/> (<https://www.facebook.com/Befrienders.Dublin/>)

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