

# Befriending

Our befriending scheme is provided by volunteers and unfortunately we cannot help everyone. Wimbledon Guild befriending is for adults in Merton who live alone, are housebound, recently bereaved or have been diagnosed with a long-term health condition.

For your own safety, we are unable to support:

- People with complex mental health issues, including people currently receiving care from the Community Mental Health team.
- Individuals with mental health issues which cannot be supported by our Wimbledon Guild Talking Therapies team.
- Individuals not taking medication that is required for their mental health diagnosis.
- Individuals who are unable to maintain appropriate boundaries.
- Individuals who have had suicidal thoughts or who have self-harmed in the last three months  
**If this applies to you, please call the Samaritans on 116 123.**
- Individuals whose home is unsuitable for home visits.
- Individuals who are verbally abusive or have a history of violence.
- Individuals with drug and/or alcohol dependency which isn't being managed.
- Individuals with advanced dementia.
- Individuals living with someone who has any of the conditions listed above.

This list is not exhaustive; we assess referrals on a case by case basis.