Support Us

Buckinghamshire Mind is run by local people for local people. We are responsible for our own funding and the services we provide. We rely on the support of individuals, community groups, local businesses and other organisations to fund our vital services.

We are very grateful for the generosity, hard work and commitment of our donors and fundraisers. You can help by donating online or through regular giving at **www.bucksmind.org.uk/donate-today** or please scan the QR code.

Fundraising activities are a great way of donating money as well as raising awareness of the work of Buckinghamshire Mind. For ideas please visit **www.bucksmind.org.uk/fundraise-for-your-local-mind** or email **fundraising@bucksmind.org.uk**

If, like us, you believe that nobody should face a mental health problem alone, please consider remembering Buckinghamshire Mind in your will. It is one of the most valuable ways you can ensure we'll still be there for everyone who needs us. For more information, please visit **www.bucksmind.org.uk/leave-a-gift-in-your-will**, contact us on **01494 463364** or email **legacy@bucksmind.org.uk**

Volunteer with Us

Our volunteers are an invaluable resource, helping us to be a truly community based organisation. To find out more about volunteering, please contact us or visit **www.bucksmind.org.uk/volunteer**

mind Buckinghamshire

Contact Us

We are here to help and support you.
Please get in touch, we'd love to hear from you.

01494 463364
info@bucksmind.org.uk
www.bucksmind.org.uk

www.facebook.com/BucksMind
www.instagram.com/bucksmind
www.linkedin.com/company/buckinghamshire-mind

mind in Berkshire

www.mindinberkshire.org.uk

Buckinghamshire Mind is affiliated to national Mind and is quality assured under the Mind Quality Mark. Buckinghamshire Mind (Buckinghamshire and East Berkshire Mind) is a Registered Charity (No: 1103063) and a Company Limited by Guarantee (No: 05000185).

mind Buckinghamshire

We are Buckinghamshire Mind, the mental health charity. We're fighting for a future where no mind is left behind.



Guide to Services

Services in Buckinghamshire

Building Resilience from Gambling Harm

We provide wrap-around support and advice for people affected by gambling harm, in partnership with Citizens Advice Bucks. If you're an adult who lives in Bucks and you're experiencing gambling-related harm, including if you're currently gambling, are in recovery, or have completed recovery programmes, we can support you. We're also open to people who have been affected indirectly, for example your financial or emotional wellbeing has been impacted.

Closing the Gap

Our Closing the Gap service is a partnership between Buckinghamshire Mind and Citizens Advice Bucks. We provide wrap-around support and advice for people experiencing both mental health difficulties and financial challenges.

Community Based Support

Our team work in partnership with Oxford Health NHS Foundation Trust to reach out to people with mental health problems in the community and provide one-to-one support and signposting.

Counselling for Adults

We provide high quality one-to-one counselling in a safe, non-judgemental space. We work with adults experiencing a variety of mental health problems and offer face-to-face or online (video) counselling.

Counselling for Young People

We offer compassionate and confidential counselling sessions to young people (aged 13-17) facing emotional and mental health challenges. Our professional counsellors provide a safe space to explore feelings, build coping strategies and foster personal growth.

Peer Support Bucks

Our peer support groups offer the opportunity to meet as and when you want to, make friends, share experiences and enjoy a social life.

Safe Haven

Safe Haven is a mental health crisis support service, operating every evening from 6pm to 11.30pm, for anyone living in Buckinghamshire aged 18 years or over. We provide listening support and signposting. We also work with people to create safety plans if they are struggling to keep themselves safe due to thoughts of self-harm or of ending their life.

Wellbeing Service

Our groups provide social contact, structure and a chance to try new activities with people who have experienced similar problems. The groups aim to support wellbeing through activities such as arts and crafts, cooking, interactive games and gentle exercise.

Services in East Berkshire

Community Connectors

Community Connectors are part of a multi-disciplinary team of mental health specialists, working with our colleagues employed by Berkshire Healthcare NHS Foundation Trust to support anyone who is over 18 and is experiencing significant mental health problems.

Friends in Need

We run community based peer support groups that offer a safe and welcoming place to make friends, share experiences and learn from others. Friends in Need also offers a group for young adults (17 to 25 year olds) called Peers2Pals.





Services in both areas

Children and Young People Service

We work with children aged four to 18 years old in various settings, such as primary and secondary schools, colleges, youth clubs and sports clubs. We deliver assemblies, workshops and full training days, and we train student Peer Mentors in mental health awareness to support younger students.



Mental Health Safety Planning Service

We provide support for those who have attended A&E or Mental Health Integrated Community Service (MHICS) or the Psychiatric In Reach Liaison Service (PIRLS) because they have had thoughts about ending their life and/or are at risk of self-harm.

Training Services

Our mental health training courses support managers, staff and volunteers in the private, public and voluntary sectors to stay well, both in the workplace and in their personal lives, through our interactive and informative professional training workshops and presentations.