



# Mental Wellness Matters

Do you feel anxious, low, isolated, lonely or depressed? Do you want to make friends and talk to people who have experienced similar feelings?

If so, then Buckinghamshire Mind's FREE peer support service, Friends in Need, is for you.

**We can't wait to meet you!**

Eleanor Berrouane 07534 174461  
Ansa Khan 07496 874882

[www.bucksmind.org.uk](http://www.bucksmind.org.uk)

Registered charity no: 1103063

Come along to our new coffee morning where you can enjoy a friendly chat over a cuppa & positively support your mental wellbeing.

Every other Thursday from 24 August  
11am-1pm at JMIC, 83 Stoke Poges  
Lane, Slough, SL1 3NY

 **Mind**  
Buckinghamshire

 **Mind**  
in Berkshire