

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

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/fundraising 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/legacy-giving, 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/volunteering

Champion the Change

Champion the Change Buckinghamshire is a local campaign aimed at tackling mental health stigma and discrimination whilst creating hope for those affected by mental illness. To find out more, please visit www.bucksmind.org.uk/champion-the-change



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



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Buckinghamshire Mind is affiliated to national Mind and is quality assured under the Mind Quality Mark. Buckinghamshire Mind (The Buckinghamshire Association For Mental Health) is a Registered Charity (No: 01103063) and a Company Limited by Guarantee (No: 05000185).



We won't give up until everyone in Buckinghamshire and East Berkshire with a mental health problem gets both support and respect



Guide to Services

About Buckinghamshire Mind

We are Buckinghamshire Mind, the mental health charity. Our vision is that everyone with a mental health problem gets both support and respect.

We connect. We support. We influence. We deliver services in our local communities, in Buckinghamshire & East Berkshire. We promote wellbeing and recovery; we prevent mental ill health; we offer talking therapies and we provide support in times of crisis.

We are affiliated to national Mind and proud to play our part in the local Mind network. Together we are Mind. Open, caring, experienced, unstoppable, together.

We stand up for mental health. Our services change lives. For support. For respect. For you.

About Mind in Berkshire

Mind in Berkshire is a collaboration between Buckinghamshire Mind (covering the East of Berkshire) and Oxfordshire Mind (covering the West of Berkshire). We work together to deliver services, raise awareness and develop solutions where gaps in mental health provision are identified.

Services in Buckinghamshire

Befriending

Our Befriending Service offers free support to adults who are lonely or isolated as a result of a mental health problem. We recruit and train volunteers who then form 'partnerships' with people from the local community.

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 to explore any concerns that might be affecting you. We work with adults experiencing a variety of mental health problems and offer face-to-face, online (video) or telephone counselling.

Counselling for Young People

We offer compassionate and confidential counselling sessions to young people (aged 13-21) facing emotional and mental health challenges. Our professional counsellors provide a safe space to explore feelings, build coping strategies and foster personal growth.

Mind the Gap

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

Perinatal Support Service

Working in partnership with Oxford Health NHS Foundation Trust, our Perinatal Community Support Worker provides one-to-one and group support for women who are pregnant or have given birth in the past 12 months and have mental health needs.

Safe Haven

Safe Haven is a mental health crisis support service, operating from 6pm to midnight, 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 Services

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.

Mental Health Safety Planning Service

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

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.

Friends in Need

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

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.

