



Peer Support Groups

For people recovering from mental health difficulties.

Come and meet new friends who have similar experiences of mental health, support each other and share your recovery journeys together.

Enjoy social activities or simply relax with a coffee.

We meet regularly in Aylesbury, Chesham and High Wycombe. We welcome everyone and would love to meet you. Come and join us!

Contact **Chris** or **Pauline**:

chris.hayden@bucksmind.org.uk or 07932 517111

pauline.hayden@bucksmind.org.uk or 07788 438134

 **Mind**
Buckinghamshire

