



# 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.

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, 11am-1pm  
at JMIC, 83 Stoke Poges Lane,  
Slough, SL1 3NY

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

Ansa Khan 07496 874882

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

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 **mind**  
Buckinghamshire

 **mind**  
in Berkshire