



## Peer Support Bucks

If you're experiencing isolation due to your mental health, come and join our Peer Support Bucks groups. Increase your social network and make new friends with adults of all ages who support each other by sharing experiences.

Sessions are currently held in Aylesbury, Buckingham, Chesham and High Wycombe.

“I feel accepted and I am with like-minded people.”

“Our problems are understood; we're not left to fend for ourselves.”

“I find the mutual support here invaluable.”

For more information, please email: [peersupportbucks@bucksmind.org.uk](mailto:peersupportbucks@bucksmind.org.uk) or call **01494 463364**.

