

“I don’t know where I’d be without Mind the Gap. I’m not alone any more”.



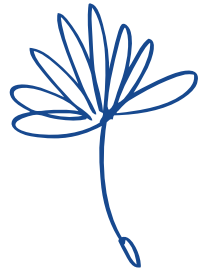
Mind the Gap peer support groups, in both Chesham and High Wycombe, were started by two of our service users over 10 years ago.

Mind the Gap provides safe, friendly and welcoming social and activity groups for anyone experiencing mental health issues.

Together, with the help of volunteers, we support each other, we listen, we share ideas, and often feel more hopeful about the future.

Our members say that Mind the Gap helps them to see life in a more positive way.

Why not try one of our groups? It may just be the kind of support you’re looking for... and it’s free!



If you would like to know more about Mind the Gap, please contact:
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