



Young Adults Group

**Friends
in need** East Berkshire
Bracknell, Slough
Windsor, Ascot &
Maidenhead

A peer support group for 17 – 25-year-olds experiencing mild-to-moderate mental health and/or loneliness, in the East Berkshire area.

Young Adults Friends in Need is a friendly and welcoming peer-to-peer social support community where young adults come together to help manage the effects of depression, anxiety, loneliness, and isolation.

Our uplifting, fun and free of charge activities provide the opportunity to socialise and share experiences in a non-judgemental and completely confidential setting. Come and feel supported with others who understand how you might be feeling. Together, we help each other on our recovery journey.

Our activities are based on the **Five Ways to Wellbeing: Connected, Active, Notice, Learn, Give**. We have a mixture of virtual and face-to-face activities, as we are following Government guidelines.

If you would like more information or to join the group, please contact:
Ansa Khan, Team Lead on **07496 874882** or email ansa.khan@bucksmind.org.uk

 **mind**
Buckinghamshire