

Friends in Need

Friends in Need is a peer support community for anyone who is living with depression, anxiety, social isolation and/or loneliness. It can be really beneficial to meet other people who understand how you're feeling, so you know you're not alone. Friends in Need is a non-judgemental, safe and confidential group with the aim to help lift feelings of depression and anxiety through social activities and by connecting people with others.

The service is available to residents across East Berkshire.

To find out more about what's happening in Windsor, Ascot and Maidenhead, click [here](#)

To find out more about what's happening in Slough, click [here](#)

To find out more about what's happening in Bracknell, click [here](#)

Referral Process

People can refer themselves by contacting the coordinator for their area directly (see *contact details below*)

Windsor, Ascot and Maidenhead: Ansa Khan 07496 874882

ansa.khan@bucksmind.org.uk

Slough: Charlene Morgan 07950 303832 charlene.morgan@bucksmind.org.uk

Bracknell: Kara Hale 07914 669430 kara.hale@bucksmind.org.uk