

MENTAL HEALTH ISSUES

Bucks Mind

For people who have anxiety, depression, drugs, stress. Counselling, activity groups & support available.

Tel: 01494 463364 Mon to Fri 08:30 -16:00

Email: info@bucksmind.org.uk

Sane

For people needing support with anxiety, depression. www.sane.org.uk

Tel: 0300 304 7000

Email: info@sane.org.uk

Samaritans

A person at the end of the phone who will listen, no matter what the problem, and help to look at options. For anyone.

Tel: 116 123 (Free)

Email: jo@samaritans.org

Calm (campaign against living miserably).

For men who are feeling down or in crisis.

Tel: 0800 585858

Web site: www.thecalmzone.net/help/get-help/

SPACE (Advice and support in difficult times).

For anyone who needs somewhere to unwind and think, to talk to someone who will listen without judgement.

Tel: 01296 432769 Mon, Tues, Wed, Fri: 10:30-15:00

Address: St Mary's Church, St Mary's Square, Aylesbury, HP20 2JJ

Web site: www.spaceaylesbury.org

GRASPS - Autism Support Group

Inclusive support group for families, young adults and adults, affected by Autism in Buckinghamshire.

Tel: 077834 34623/07828 1622267

Email: contactgrasp@gmail.com.

AVNAS – Aylesbury Vale National Autistic Society

Local support group for autism, running weekend clubs and evening meetings.

Tel: 02078 332 299

Email: aylesburyvale.branch@nas.org.uk

Lindengate – Health & Wellbeing through Nature and Horticulture

Can help to improve your mental health by providing gardening activities in a tranquil and rural setting.

Tel: 01296 622 443

Email: info@lindengate.org.uk

Web site: www.lindengate.org.uk

Prevention Matters

For anyone over 18 in a vulnerable or isolated situation, including the disabled, the elderly. A light touch service aiming to prevent matters becoming worse and will try to find someone to help. Will try to make contact within a week.

Tel: 01296 484 322

Email: preventionmatters@connectionsupport.org.uk

Checked Feb 2024