

**Friends
in need**



Peer support Group for people affected by Depression and/or Anxiety

This group is offered to people 18 years and older.

The Peer Support Group is a safe space to come and be, within a non-judgemental environment. It is our aim to bring people together to end the loneliness and isolation that so often comes with Depression and/or Anxiety. This support network is a friendly and easy way to share understanding, information and friendship through depression and recovery.

This group is run on Wednesday evenings at 18.00-19.30

Lambeth and Southwark Mind

4th floor

336 Brixton road

SW9 7AA

This group is strictly via referral / self-referral,

Please contact:

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