



Improving mental health through peer support

- ✓ **Do you struggle with depression or anxiety, or know someone who does?**
- ✓ **Are you looking for simple practical help to stay well?**
- ✓ **Would you like to meet new people for social activities and support?**

If **YES** and you live in **Northamptonshire**, come and join us, we would love to hear from you:

We're meeting up all over the county from Corby to Towcester!



**Contact:**

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**Friends  
in need**

