



The Royal Borough Mental Health Recovery Service

The service is open to anyone living in Windsor, Ascot, or Maidenhead who is on a journey of recovery from mental health concerns and has or is experiencing challenges to their mental health, physical and emotional wellbeing.

The service offers a wide range of free courses where we focus on helping you understand your mental health and develop awareness of your personal coping strategies, as well as an opportunity to feel part of a supportive network with other people that attend.

For more information or to book onto a course:

**Scan the QR code below
or
Visit: www.bucksmind.org.uk**



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