

P.A.D.S.

PLYMOUTH ANXIETY & DEPRESSION SUPPORT

A Plymouth based adult mental health charity (Charity No. EW88937)

We are a closed Facebook peer support network for adults who live in Plymouth and surrounding areas that struggle with mental health difficulties.

We have occasional meets and chat about things not necessarily mental health related - it's just good to talk! All details of meets and events will be on our Facebook page.

If you wish to join us, please visit our Facebook page:
P.A.D.S Plymouth anxiety/depression support

For more information contact:

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