

BUFFER ZONE

Independent

Advocacy for Mental Health Issues in Cornwall

- 👤 Feeling depressed?
- 👤 Feeling Isolated?
- 👤 Are you frustrated and angry?
- 👤 Having problems with benefits?
- 👤 Worried about housing?
- 👤 Willing to work but can't find a way in?

Don't fall through the net!

Talk to us - let us help you become less stressed

THIS SERVICE IS FREE.

We cannot make promises or fix all the ills of the world. But we can:

- 👤 **liaise with agencies on your behalf,**
- 👤 **listen and signpost you to all relevant agencies**
- 👤 **give you support when needed.**

Contact Tony on 07929 867264
email bufferzone1@hotmail.co.uk

Bufferzone is Affiliated to

Attend



Partnering the
Leagues of Friends
since 1949.

Mid-Cornwall Lifestyles
is a
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