

# Start feeling better with Elefriends

Elefriends is a supportive online community where you can be yourself. We all know what it's like to struggle sometimes, and Elefriends is a safe place to listen, share and be heard by others who know where you're coming from.

Shared experiences and perspectives are valuable and powerful. In this way elefriends don't just get help, they give help too.



Sign up with no commitment; say as much or as little as you like



Receive and offer support in both the good times and the bad



Share anonymously as part of a private, safe community managed by Mind



Access free, online support wherever and whenever you need it



Log out whenever you need, the elefriends will be there when you come back



Be part of a community who know where you are coming from

Come on in  
Visit [elefriends.org.uk](http://elefriends.org.uk)



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