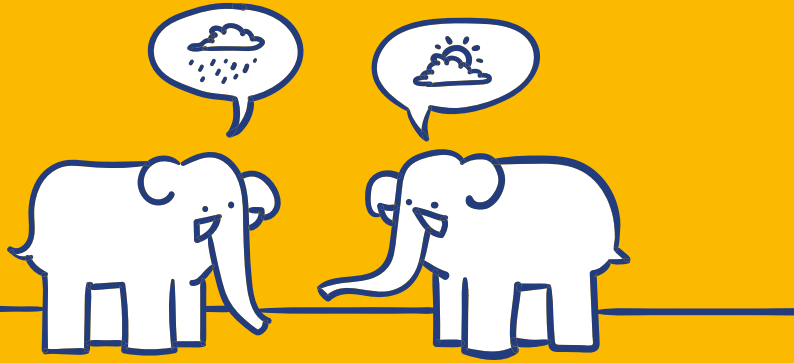


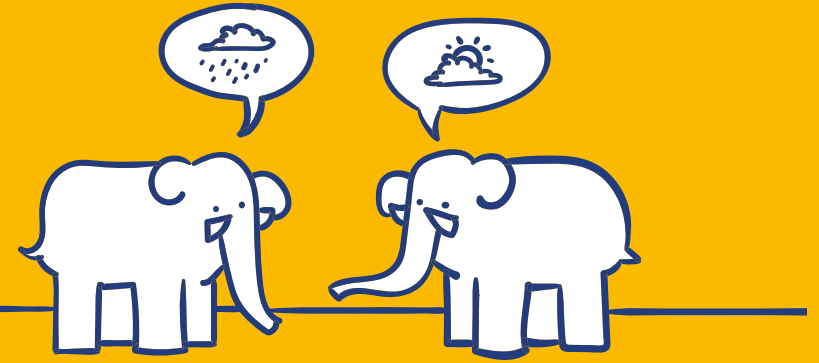
Whenever you need to talk



Elefriends is a supportive online community where you can be yourself



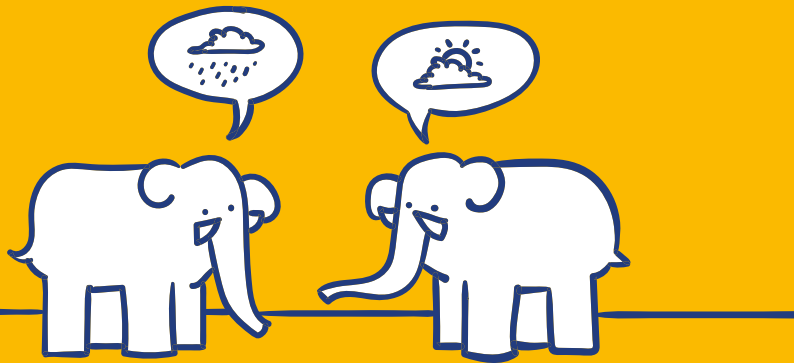
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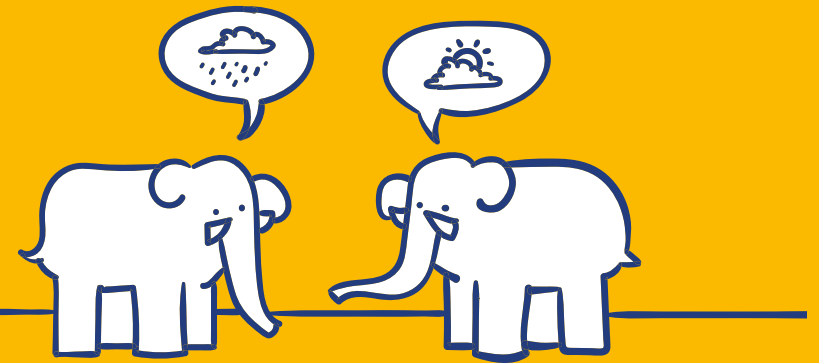
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We all know what it's like to struggle sometimes, and Elefriends is a safe place to listen, share and be heard by others who know where you're coming from.

- Access free, online support wherever and whenever you need it.
- Share anonymously as part of a private, safe community managed by Mind.
- 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.

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Join the herd.

Visit [www.elefriends.org.uk](http://www.elefriends.org.uk)



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