

“ Because I never felt pressured, just gently encouraged. ”

## Using the service

Our support works best when you feel ready to make a change in your life and are feeling able to meet regularly with a worker. If you struggle with appointments, talk to us, so that we can discuss how we can try to help you with this. We can support you if you are over 18 and live within the city of Bristol.

Placement time with this service is dependent on what goals you want to work on. You may have one goal that only takes a month of support to achieve, or you may be needing support to leave your home and to take small steps forward. The maximum time that you can receive support from us is six months.

“ Staff were very supportive and helped me to reach my goal. ”

## Confidentiality

We believe in respecting and maintaining confidentiality. We will not share personal information unless we have your permission or we have a duty of care.

## Contact us

If you have any questions or would like to find out more about our service, please get in touch – we'd be delighted to hear from you!



Bristol Community Support Service  
Rethink Mental Illness  
St Paul's Settlement  
74-80 City Road, St Paul's  
Bristol BS2 8UH



**Community Support:** 0117 903 1805/1  
**Carers:** 0117 903 1803  
**BME Community Development Worker** (Promoting MH awareness in BME communities including MHFA):  
0117 3532041



[bristolservices@rethink.org](mailto:bristolservices@rethink.org)



[www.rethink.org](http://www.rethink.org)

**Leading the way to a better quality of life for everyone severely affected by mental illness.**

For further information on Rethink Mental Illness  
Phone 0121 522 7007  
Email [info@rethink.org](mailto:info@rethink.org)



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Rethink  
Mental  
Illness.

Would you like support with your mental health?

Bristol  
Community  
Support  
Service

Providing community based one-to-one support across Bristol

## Who we are

Rethink Mental Illness' Bristol Community Support service has been working for many years to help Bristol based people with mental health issues make a positive difference in their lives.

We support people within the community and work with them to build meaningful connections within their community.

Our support is centred on values of recovery and social inclusion, and we have found individuals that use our service become more independent, confident and resilient.

## Our areas of expertise

- Mental health
- Equality and diversity
- Cultural competency

## How we can support you

- Building confidence.
- To access leisure and social opportunities. This might be to join a support group or find an activity group in your local area.
- To look at voluntary and paid work options.
- Find educational opportunities to suit you, from half-day taster sessions to full-time course at your local college.
- Support to build the confidence you need in order to access places in the community for example by using public transport.

## You can be referred to our service for varied reasons

- You have mental health problems and need a little more support to improve your wellbeing.
- As a move on from hospital.
- You may be struggling to leave your home but wish to face your fears and with support to build your confidence one step at a time.
- Your mental health may have stabilised so that now you can focus on building your routine by finding meaningful activities.
- You might need some specific help to manage your mental health better by building better coping strategies – this might be by trying meditation, joining a support group.
- You feel that you might benefit from meeting one of our support workers on a regular basis out in the community to help you to build independence and confidence in getting out and about.

We use a person centred approach spending time to identify what you would like to work towards. This involves using the recovery star to explore what your needs are and what goals you want to focus on.

 **We work with everybody who has a mental health problem.** 

## How the service helps people

- Improved confidence.
- Better coping mechanisms for managing mental health.
- Achieve goals.
- Feeling more motivated.
- Build social contacts and feel supported.
- Sense of belonging and feeling part of your community again.

## How to be referred

Referrals to our service can come from Secondary Mental Health Teams or any other professional, but if you currently have no support in place then you can be referred by your GP.

Ask your care coordinator or GP to contact us about making a referral, we will send them our form to complete.

Unfortunately, if you are experiencing benefit issues (due to withdrawal of benefits or sanctions), energy poverty and housing issues we cannot support you with these issues but we can signpost you to organisations that may be able to help.

We provide interpreters to enable you to access our support. We also aim to book appointment times that are suitable for you, so if you struggle with early morning appointments then we try to see you later in the day.