

Are you worried about someone's mental health?



Caring & Coping.

Education for families & friends around mental illness

Courses run twice a year in spring and autumn for six weeks

Explore how to be helpful to someone experiencing a mental illness, while looking after your own health and wellbeing.

This six week education programme provides information, guidance and mutual support. It is also an

opportunity to develop practical skills in the areas of communication, problem solving and boundary setting, and to talk to mental health professionals.

www.rethink.org/bristolcarers



Who is it for?

The course is for anyone who is involved with a family member or friend with a mental health need, especially those who are new to mental health services or who have recently taken on a caring role.

The course gave me the skills to make time for myself and prioritise.

If your relative or friend has had mental health issues for a longer time and you have knowledge about illnesses and treatments, this course may not be suitable for you. There are other ways in which we can support you, including one to one appointments, support groups and a local newsletter.

If you are a professional working with a carer, or know someone you think may benefit from the course, we can discuss this in confidence.

Who facilitates it?

Specialised staff at Rethink Mental Illness, together with senior practitioners who work in Mental

Health services. There are speakers at most sessions, including a carer, a consultant psychiatrist and other professionals depending on the needs of the group. It is organised by **Rethink Mental Illness** in partnership with **Avon & Wiltshire NHS Partnership Trust**, and is a specialised course for carers of people with mental health conditions in Bristol.

How much does it cost?

It is open to Bristol residents or those supporting service users who live in Bristol and fully funded by Bristol City Council and the NHS.

How do I book or find out more?

The course runs twice a year, in spring and autumn. We meet each participant individually before offering a place, so early booking is welcome. To arrange a meeting call or email Rethink Carers Service:

0117 903 1803

bristolcarers@rethink.org

