

Mental Health Peer Support Group in the Heart of Ellesmere Port



1pm to 3pm the last Thursday of every month in Ellesmere Port

The aim of the group is to bring together people with lived experience of mental health issues, their friends and family in a safe non-judgement environment.

We do many different activities from just coming along for a cuppa and a chat to informative speakers and social activities. You can be sure of a warm welcome.

The group is open to everyone age 18 and over.

If you're interested and would like to find out more, please give us a ring or email, or drop into our next group meeting.



Where and when we meet

Trinity Methodist Church, Whitby Road, Ellesmere Port, CH65 0AB


We meet in the rear community room in the church the last Thursday afternoon each month, pop down and see us.

For more information please telephone 07847 821217 or email TrinityGroup@rethink.org



Supporting you to understand and improve your ability to live with mental illness and recover a better quality of life.



Many Rethink Mental Illness groups are run by people with lived experience, carers or family members. Group members listen and share experiences but do not give advice. Groups may provide details of agencies whose role it is to provide advice. 

Together We're Stronger

Our Rethink Mental Illness Advice & Information Service can help with a wide range of issues affecting people with mental illness, their family, friends and carers. You can contact them by calling 0300 5000 927 between 9.30am to 4.00pm, Monday to Friday (but not on bank holidays) or email them via our website www.rethink.org. For free factsheets visit www.rethink.org. Rethink Mental Illness Supporter Care team are contactable for General Enquiries, Membership and Donations on 0121 522 7007 or info@rethink.org