

# Blacon Mental Wellbeing Group



Come to our monthly peer support drop in

Our peer led support group is for anyone who would like to maintain and enhance their mental wellbeing, who might otherwise feel alone or isolated.

The group meets monthly for a drop in where members share experiences of maintaining their mental wellbeing, seek information, make new friends and hopefully have some fun. The group is run by the people who use it. The group is open to everyone age 18 and over. Refreshments are provided.

**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 for a chat.**

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.



## Where and when we meet

1st Floor, The Parade Enterprise Centre  
13 The Parade  
Blacon  
Chester CH1 5HN

The first Saturday of every month  
between 10.30am and 12.30pm

For more information please contact Julie and Gus on telephone 07493 523180 or email [blacongroup@rethink.org](mailto:blacongroup@rethink.org)

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

**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](http://www.rethink.org). For free factsheets visit [www.rethink.org](http://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](mailto:info@rethink.org)