



Rethink
Mental
Illness.

Struggling to cope?

Would you like to meet others,
who have been through it and will
accept you for who you are?

8pm-9pm
every other Monday
Liverpool, Lime
Street Station
(see over for details)

Why not come along to our support group and have a cup of tea and a chat? We will provide a non-judgemental listening ear, friendship and social support that can make all the difference when you are trying to cope with life's challenges.

Our support group is run by people who have personal lived experience of mental health issues or have looked after someone who has.

Our group provides a welcoming, safe place where people can come and have a chat. We will provide empathy, acceptance and reassurance.

[Rethink.org](https://rethink.org)

We meet **every other Monday, 8pm-9pm** in Virgin Trains 1st class lounge (above M&S) on main concourse in Lime Street, Station, Liverpool.

Want to get involved or find out more?

Please contact us on:

Mobile: 07305708913

Email: liverpoolttc@gmail.com

Rethink Mental Illness Peer Support Group