



Mental Health Awareness Portishead

We offer a friendly, welcoming space for carers who are supporting the wellbeing and mental health of young people.

We will support each other by sharing experiences and information in an informal but confidential setting.

Feel free to come along!

Your wellbeing is important too!

New November 2021

MHAP is now offering Walk & Talk daytime sessions.

Are you looking for support but can't get to our evening sessions?

Are you in need of a break and a listening ear?

For further information please email; mhap@rethink.org or call Catherine on 07568967933



When: On the 2nd and 4th Wednesday of every month from 8pm until 9:30pm

Where: Redcliffe Bay Methodist Church
Queens Road, Redcliffe Bay, Portishead,
BS20 8HT

For more information please contact our Group Coordinator Catherine on:

07568 967933 or at mhap@rethink.org

Or find us on Facebook:

**Rethink Mental Health Awareness
Portishead**