



Rethink is a national mental health charity, and the Carers Service offers support and education to families and friends of people with mental health issues (it's fine if you don't think of yourself as a 'carer'). We are funded by Bristol City Council – so our services are free. We offer various things, as everyone's situation is different, including:

**Individual support** The first step is usually to speak on the phone so we can understand your situation. After that, we can offer regular follow up appointments, or you can just make one when you feel you need one. We respect your right to confidentiality while following the usual guidelines and safeguarding procedures.

**Support groups** We co-facilitate support groups for family and friends of people with mental health issues, these may be online or in person.

**Regular info** We can send you our newsletter and bulletins about mental health in and beyond Bristol by email or post. Ask us to add you to our list, and unsubscribe whenever you want.



**Walks** We organise social walks in and around Bristol, see:

[www.rethink.org/bristolcarers](http://www.rethink.org/bristolcarers)



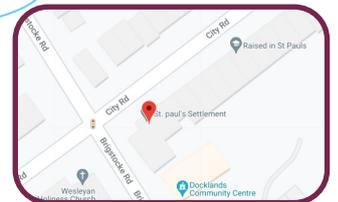
**Learn and Share** Our online workshops are an opportunity to prepare yourself with information, guidance and connect with each other. Recent topics include 'Setting Boundaries', 'Communicating with someone experiencing symptoms', 'Understanding motivation & change', 'Understanding the complaints process', and 'How to support recovery'.

**Taking a break** You may be able to ignore your own needs in a crisis, but you need to stay healthy yourself if you want to be there for someone with mental illness. Finding a way to lower your stress levels can be a key. If you have an idea of something that will make a difference to you, like counselling, travel costs, a gym membership or a short break away, ask us about a 'carers assessment'.

**Involvement** We aim to make sure family members views and needs are considered by services.

**Mental Health Advice** Rethink Mental Illness Advice Service has factsheets on topics like the Mental Health Act, criminal justice & carers rights.

You can also email or phone to ask for specific advice: 0808 801 0525



**Join** Do consider joining Rethink as a member: phone 0121 522 7007 or see [www.rethink.org](http://www.rethink.org)

Get in touch with us:

Margaret: 07967 811146

Karen: 0791 816 2523

[bristolcarers@rethink.org](mailto:bristolcarers@rethink.org)

[www.rethink.org/bristolcarers](http://www.rethink.org/bristolcarers)

Rethink Carers Service, First Floor,  
St Pauls Settlement, 74-80 City Rd, Bristol BS2 8UH

Updated Jan 2022