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# Individual and Group Support

**Individual support**

In our first conversation we aim to explore what might be helpful to you at the moment. This may be quite practical, it may be a chance to ‘offload’, or learning where to find the information you need.

Most of our individual support is via phonecalls, but if you prefer to meet face to face, we can arrange to meet in our office in St Paul’s, or in a café. After that we can offer regular support calls, or you can just get in touch when you need help or advice.

Book a phonecall here: <https://calendly.com/rethinkbristolcarers/phone-appointment>

Or phone 0117 903 1803

**Support Groups** We provide regular group support for family and friends of people with mental health issues, co-facilitated with staff working in inpatient and community mental health services. If you are interested in joining a small group of people all of whom support someone with their mental health, either online or in person, please let us know.

There are also specialised carers groups:

* for family and friends of people in secure (forensic) services in the South West and Oxford
* for brothers and sisters please email bristolsiblingsgroup@rethink.org
* for carers of people with Borderline Personality (emotional disregulation disorder) please email swcarersbpdgroup@rethink.org

*We respect your right to confidentiality, following the usual guidelines & safeguarding procedures.*