

A volunteer peer support group

Exmouth Carers

Exmouth Mental Health Carers (St. John's) Group

For Exmouth and surrounding communities, meeting at St John's Court, St. John's Road, Exmouth, EX8 4DD



Join us on the
first Thursday of every
month 2.30pm until
4.30pm

A confidential space for carers, families and friends of people with lived experience of mental illness. Our friendly group offers a safe confidential space to share experiences, emotional support and signposting to resources and services wherever possible.

Occasionally we invite speakers from local services and organisations and also have some fun! Please join us!

For more information please email
exmouthcarers@rethink.org

rethink.org