



Carers Support Beyond Bristol

National Rethink

Mental Health Advice [Rethink Mental Illness Advice Service](#) has factsheets on topics like the Mental Health Act and carers rights. You can also contact them for specific advice: 0808 801 0525

Emailed bulletins

If you'd like to receive news and updates from us at Rethink Bristol, you are welcome to sign yourself up here: http://eepurl.com/h_1UYH Some of the information will not be useful or available to you, but some information is nationwide.

Mindfulness for carers

Mindful Life is a local organisation that offers free online mindfulness sessions to carers: www.themindfullife.co.uk

Carefree hotel breaks

Carefree transforms vacant accommodation into vital breaks for unpaid carers. [Carefree \(carefreespace.org\)](http://carefree.space.org)

South London & Maudsley Recovery College

Excellent online courses on a wide range of topics: slamrecoverycollege.co.uk

South Gloucestershire

Carers Support

Contact the Carers Support Centre, which offers carers support in South Gloucestershire. You can do this online [Carers Support Centre](#) or by phoning CarersLine: 0117 965 2200 (Monday to Friday 10am – 1pm and Monday to Thursday 2pm – 4pm) They also offer a counselling service for carers. Otherwise, you can look at the list published by Bristol Mind: [Mind Bristol - Counselling \(bristolmind.org.uk\)](http://bristolmind.org.uk)

Support groups

Look at the independent groups section here: [Carers groups](#) You'll see that the contact person for most of the mental health groups near you is Steve Forge, who can be contactable by texting 07768 318215 or emailing sglosmhealthcarers@yahoo.com

S Glous Council

Care and Support for adults: [Care and support for adults \(southglos.gov.uk\)](http://southglos.gov.uk)
Support and information for carers: [Support and advice for carers \(southglos.gov.uk\)](http://southglos.gov.uk)

Carer Peer Support Group

Peer support group for people supporting those with psychosis
Nicola.Burchill1@nhs.net or phone 07703382159

Well Aware

An online directory with the most up-to-date information on support in Bristol and surrounding areas. www.wellaware.org.uk or phone 0808 808 5252

Bath & N E Somerset

Carers Centre

Support Line is open weekdays 8.15am – 3pm. Call free on 0800 0388 885 email: support@banescarerscentre.org.uk www.banescarerscentre.org.uk/

KS2 Bath

An independent support group for carers of people with mental health difficulties

Phone 07528 668040

Email hello@ks2bath.org

<http://ks2bath.org>

North Somerset

Care Connect (for Adults caring for adults)

Tel 01275 888 801 care.connect@n-somerset.gov.uk

www.n-somerset.gov.uk/my-services/adult-social-care-health/carers/support-advice-carers

Mental Health Awareness Portishead Group

A peer-led Rethink group. Contact 07568 967933 or mhap@rethink.org

<https://www.rethink.org/help-in-your-area/support-groups/mhap-mental-health-awareness-portishead-group/>

North Somerset Young Carers

Young Carers Support Team at Carers Support Alliance on 03000 120 120 (option 3).

www.alliancehomes.org.uk/care-and-support-services/our-support-services/support-for-carers/support-for-young-carers/

North Somerset Wellness Service

Wellbeing telephone calls. Telephone 01275 874 861 Email

wellness@accessyourcare.co.uk

<https://www.accessyourcare.co.uk/wellness/>

Gloucestershire

Gloucestershire Carers Hub

0300 111 9000 email carers@peopleplus.co.uk www.gloucestershirecarershub.co.uk

Wiltshire

Carers Support Wiltshire

<https://carersupportwiltshire.co.uk>

Salisbury Rethink Carers Support Group

A peer-led Rethink group. Contact 07818 482228 or salisburycarersgroup@rethink.org

www.rethink.org/help-in-your-area/support-groups/salisbury-rethink-carers

Ilminster/Chard and Langport Mental Health Carers

A peer-led Rethink group. Contact 01935 864422 (Mavis) or dominique.toyra@rethink.org
www.rethink.org/help-in-your-area/support-groups/ilminsterchard-and-langport

Devon, Dorset

Exmouth Carers Group

A peer-led Rethink group. Contact Dominique on [07483 332529](tel:07483332529)
dominique.toyra@rethink.org [Exmouth Mental Health Carers](#)

Weymouth Carers Group

A peer-led Rethink group. 01305 262771 (Service), 07562 500278 (group)
weymouthcarersgroup@rethink.org [Weymouth Carers Support Group](#)