



Mental Health Drop In

We are here to support people experiencing moderate to severe mental ill health.

CANDI

31 Market Street
Cinderford GL14 2RT
2nd Monday of the month
11am – 12.30pm



Lydney Youth and Community Centre

Naas Lane
Lydney GL15 5AT
4th Wednesday of the month
10.30am – 11.30am



The Main Place

Old Station Way
Coleford GL16 8RH
3rd Wednesday of the month
11am - 12pm



Facilitator: Sue Callaghan

For more information please contact 07425 736592



FOOD AND FRIENDSHIP

Free meal, hot drinks and biscuits

EVERY MONDAY

12.30 to 1.30pm Newent Community Centre

ALL WELCOME

Follow us on Facebook:
[@thesharingkitchennewent](https://www.facebook.com/thesharingkitchennewent)

Rethink will be there on the 1st Monday of every month, from 12.30-1.30pm, to provide support with signposting, or if you just want a chat.

Rethink Mental Illness

Rethink Mental Illness aims to improve individual mental health outcomes for Gloucestershire residents with a Serious Mental Illness and/or common mental health conditions. Through a personalised support approach, we seek to reduce the need to access primary and secondary mental health services.

What support do we offer?

One to one (1:1) practical and emotional support, which is provided through face to face sessions, online, telephone or text. We provide support in a way that will help you most.

The 1:1 support is provided by a peer support worker or community link worker, and is offered initially for up to 3months, which will be reviewed with you, with the option to extend support if needed. You can also choose to attend group support sessions as well.

- Reduce social isolation and loneliness - 1:1 Mental Health Link Working Support, Peer Support, and access to personalised activities that support/maintain wellbeing.
- Enable individuals to increase their resilience - equipping you with appropriate tools, information, and advice so you can make informed choices about your care and support and promoting self-direction.
- Discharge and reablement pathway for adults who are being discharged from Gloucestershire's Acute Mental Health Wards or are at risk of being admitted, through 1:1 Mental Health Link Working Support.
- Increase community capacity - enhance local community provision, bolster networks and develop communities that care, whilst reducing stigma and increasing accessibility.



For information about groups and services within Rethink
call 07425 736592.

[Gloucestershire Rethink Mental Illness \(rethink.org\)](https://www.rethink.org)

empoweringminds@rethink.org



Would you like to talk to someone today about your mental wellbeing?

CandO provides people aged 18 and over and living in Gloucestershire with confidential mental wellbeing support **every day** of the year between **2pm and 9pm**.

Call
0808 801 0606
Text
07537 410 022
Webchat
[gloucestershirecandoo.org](https://www.gloucestershirecandoo.org)