

Rethink
Mental
Illness



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Mental Health Carers Hub

**Do you have a relative,
partner or friend with
mental health challenges?**

Drop in to find information and
support for yourself.

Make connections with people
who have similar experiences.

When?

Held every third Tuesday of the month
between 4pm - 5pm (arrive when you like,
and you are welcome to stay longer).

Venue: Social cafe, 130 Cheltenham Rd,
Bristol, BS6 5RW

For further information leave a voicemail
on **0117 9031803**

Email: bristolcarers@rethink.org

rethink.org/bristolcarers

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Bristol
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CARERS

Meet Up



@The Coppice

Every first Wednesday
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10.30-11.30am

Drop in for a drink
and a chat with other
carers

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