



Support

We offer access for six months to:

- Individual support
- Group support
- Carers breaks and assessments
- Workshops and talks
- Social walks
- Improving communication with services
- Signposting to other services
- Regular e-bulletins

If you have any questions about our service or would like to find out more about when groups and sessions are running, please get in touch - we'd be delighted to hear from you!



Rethink Carers Service

Docklands, 29 Brigstocke Rd, Bristol BS2 8UA



0117 903 1803



bristolcarers@rethink.org

**Rethink
Mental
Illness**

We are the charity for people severely affected by mental illness, no matter what they're going through.

For further information
on Rethink Mental Illness
Phone 0121 522 7007
Email info@rethink.org

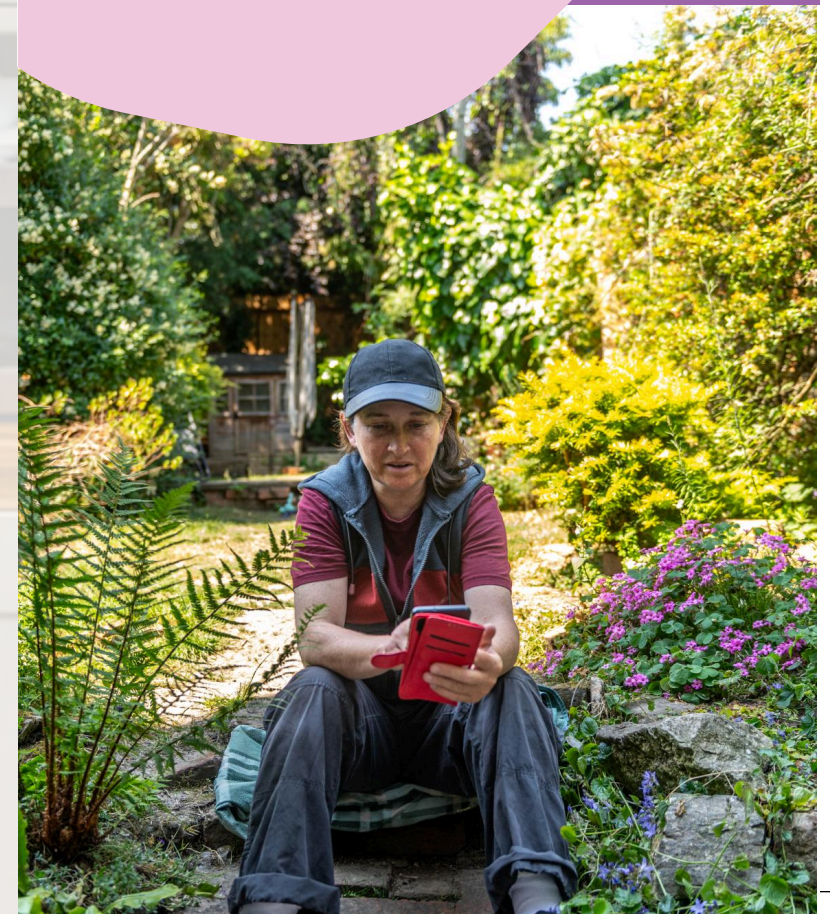
rethink.org

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**Rethink
Mental
Illness**

Bristol Carers Service

Look after yourself while caring for a family member, partner or friend with mental ill health.



What we do

We offer support and education to families, partners and friends of people with mental ill health. It doesn't matter if you don't think of yourself as a 'carer'!

About us

Rethink Mental Illness is a national organisation, in Bristol we are funded to offer a service to families and friends of people with mental health issues. Our support is varied, as everyone's situation is different.

Individual support- First, we arrange a time to speak on the phone or in person to explore what would help you at the moment. After that we can offer further support calls, or you can contact us when you need help or advice. We can arrange interpreters.

Support Groups- Join a small group of people who support someone with their mental health. Specialised carers groups exist online for siblings, emotionally unstable personality (BPD) and secure services.

Carers Assessments and breaks-

To help someone recover from mental illness you need to stay healthy yourself.

Lowering your stress levels can be a key. If you'd like to buy a new laptop or plan a short break away, we can help you by completing a 'carers assessment'. Rethink are Trusted Assessors for Bristol City Council, and we can complete it over the phone. It can be redone every year if you still have a caring role.

Hotel breaks- We work with a charity called Carefree which offers free two-night hotel stays for carers across the UK. Ask us to refer you.

Bulletins- Receive updates on events we are organising as well as a summary of mental health and care-related news.

www.rethink.org/bristolcarers

Advice Service- Rethink Mental Illness offers practical help on issues such as the Mental Health Act and carers rights. We also publish factsheets on topics such as living with mental illness, medication, care and treatment. Visit rethink.org or phone **0300 5000 927** (Monday to Friday 9.30am - 4pm).

Money Advice- We can refer you to our specialised Mental Health and Money Advice Service if you have specific financial questions.

It is so helpful to be linked in to Rethink... it breaks through the isolation and frustration we can sometimes feel.

