



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