



Rethink Carers Service

**Activity groups
for family &
partners of people
with mental health
needs**

Creativity, Ceramics & Serenity

**Weds 17th September at Windmill
Hill City Farm from 10am to 2pm,**

Take part in a variety of art
activities in a relaxing setting.

We also have workshop places for
those who want to create a
ceramic piece which will then be
glazed and fired.

We will provide a buffet lunch
and encourage you to start a
new peer-led carers meet-up in
the Windmill hill City Farm cafe.

To access the group, please sign
up to join our service.

**Rethink
Mental
Illness**

www.rethink.org/bristolcarers

0117 9031803

bristolcarers@rethink.org





Rethink Carers Service

Online support for family & partners of people with mental health needs

Q&A + peer support

Second Thursday of each
month 11am – 12.30pm

Hear from a range of mental health professionals and support each other in a confidential facilitated group online.

Discussion + peer support

Fourth Wednesday of each
month 6pm – 7.30pm

Hear a recorded talk from a range of mental health professionals and support each other in a confidential facilitated group online



www.rethink.org/bristolcarers

0117 9031803

bristolcarers@rethink.org





Rethink Carers Service

Support and
Information for
family & partners
of people with
mental health
needs

Need some guidance?

When someone close to you is in crisis, it can feel overwhelming and lonely.

We offer a listening ear and can suggest support, information, and groups that we think will be helpful to you.

Everyone is different, we offer a personalized service to people from all backgrounds.

You need to be over 16 and the person you support is an adult living in Bristol.

We offer:

- Individual and group support
- Carers assessments
- Activity groups in person
- Online support with Q&A
- Fortnightly bulletins
- Peer-led drop ins for carers

**Rethink
Mental
Illness**

www.rethink.org/bristolcarers

0117 9031803

bristolcarers@rethink.org

