

Rethink
Mental
Illness.

New peer support group called

COPE - Newton Abbot

Carers of Psychosis Experiencers

Held monthly at Newton Abbot Library for carers living in the surrounding communities.



We meet

The last Tuesday of the month 12:30 - 2:30pm

COPE is a voluntary led peer-support group for families, friends, and carers of people with serious mental health illness who experience psychosis. Our group offers a safe, confidential, non-judgemental environment where members can share experiences, signpost to other services and look after their well-being. Meeting once a month, we offer support and encouragement to one another in a respectful and supportive space.

To be heard is valuable! Please join us!

We meet at Newton Abbot Library, Market Street, TQ12 2RJ. There is no parking at the library but there are many car parks within a short walking distance with the train and bus stations very near.

For more information please email the group at copegroup@rethink.org and we will get back to you.

rethink.org



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