



Other services we provide

Bristol Carers Service:

Contact: 0117 903 1803

Email: bristolcarers@rethink.org

Bristol Community Development Coordinator for Black, Asian minority ethnic communities:

Contact: 07436 246 182

Email: bristolbme@rethink.org

For more information, waiting times, and to request referral forms, please contact the relevant service.

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 Mental Illness

Docklands Community
Centre, 29 Brigstocke
Road, Bristol, BS2 8UA



0117 903 1805



bristolservices@rethink.org



Our vision is equality, rights, fair treatment, and the maximum quality of life for all those severely affected by mental illness.

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 Community Services

Would you like support
with your mental health?

About the Service

Our support works best when you feel ready to make a change in your life and are feeling able to meet regularly with a member of our team.

We can support you if you are over 18 and live within the area covered by Bristol City Council.

Confidentiality

We believe in respecting and maintaining confidentiality. If you want to know more on how Rethink processes your data please visit our national website or click here:

<https://www.rethink.org/privac...>

Our areas of expertise

- Mental health
- Equality and diversity
- Cultural capability

How we can support you

Building confidence to access the community:

- Access leisure activities in your local area.
- Access public transport.
- Join a support group.
- Find volunteering opportunities.
- Accessing services that will support you to find paid work or a return to education.

"We work with everybody who has a mental health problem."

We use a person-centred approach spending time to identify what you would like to work towards. This involves a joint discussion with your Mental Health recovery coach to explore your needs and what goals you want to work on together.

You can be referred to our service

- You need strategies to improve your wellbeing.
- You need help moving on from hospital admission.
- You need gradual exposure to access the community.
- You want to find structure and support to gradually improve your level of activity.

How the service helps people

- Improved confidence.
- Achieve goals.
- Increased motivation.
- Feel connected to your community.

What is out there

- Access Rethink Groups and partners' groups in the community.
- For information on current groups, contact our Support Worker: jordan.witt@rethink.org
- Sign up for Clic Bristol today to get information for various local and national services online - <https://bristol.clic-uk.org/>, kindly contact our Digital Officer for more info: bhavika.jadav@rethink.org

"Because I never felt pressured, just gently encouraged."

How to be referred

- Referrals to Rethink Mental illness can come from any clinical professional, or partner organisations you are receiving support from. It's possible to self-refer to our service, please contact the office via phone or email for further information.
- Please note: we do not deal with benefits, poverty, energy, housing or counselling services but can signpost you to organisations that may be able to help.

"Staff were very supportive and helped me to reach my goal."

Further support: "We provide interpreters to enable you to access our support. If you struggle with appointments, talk to us, so we can discuss how we can try to help you with this."