



Support

We offer access for six months to:

- Individual support
- Group support
- Carers assessments and breaks
- Workshops
- Social walks
- Improving communication with services
- Signposting

Rethink is a national charity - why not become a member, and add your voice to our campaigns for better mental health awareness and support?

If you have any questions about the Carers Service, or would like to find out more about what we can offer, 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



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

Registered in England Number 1227970. Registered Charity Number 271028.
Registered Office 28 Albert Embankment, London, SE1 7GP.
Rethink Mental Illness is the operating name of National Schizophrenia Fellowship, a company limited by guarantee.

**Rethink
Mental
Illness.**

Rethink Carers Service

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



What do we do?

We offer support and education to families, partners and friends of people with poor mental 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

The first thing is to 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 regular 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 all of whom support someone with their mental health. Specialised carers groups exist for siblings, emotionally unstable personality (BPD) and secure services, some are online, some in person.

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 You can sign up to receive updates on events we are organising as well as a summary of mental health and caring-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.

See www.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.

"I can go a year without calling but I know when I reach out you're there".

